

Choice & Avoidance: towards a better translation for avoidance

Post by “Kalosyni” of August 17, 2024 at 8:49 AM

[Quote from Julia](#)

a commitment to engage

I would say (in my opinion) that the only time that an Epicurean makes a "commitment" is when there is a pact or contract that is signed or agreed to between people (marriage, rental agreement, peace treaty, etc.)

For all other actions within oneself, I would see choosing as coming from a natural motivation to well-being and health (it is natural to want to feel good and feel healthy, but perhaps there are bad influences from "civilization" that erode this natural impulse).

Take for instance going on a diet (weight-gain and being overweight is due to unnatural coping strategies)...going on a diet only truly works when you see that not eating the teaspoon of added sugar every morning in your coffee, not buying the ice cream, etc etc, is actually more pleasurable than eating it...because you are imagining the pleasure you will feel in the future and your enjoyment of not having tight clothes and not feeling sluggish, but feeling rejuvenated and healthy. And eating the healthy food (veggies rather than too many carbs) is also thought and felt as pleasurable for the same reason). So there is no need for "commitment" but instead the "carrot of pleasure" and "the stick of pain" are the true motivators for becoming more healthy.

"Commitment" for me brings up the idea of "duty" and "obligation" based on "virtue" and "doing what is "right" ...but maybe that is just me 🤔.