

Why isn't "satisfaction" the guide of life?

Post by "Julia" of December 15, 2024 at 9:29 PM

[Quote from Cassius](#)

Of course, i wouldn't say that it's illegitimate by nature to set your goals low and work to achieve them so you can say that you are "satisfied." There's no way by nature to say that that's wrong, as it could give that type of person 100% pleasure if they lower their sights and also experience no pain. But many people, and I would say most people, would look at the missed opportunity of pleasures that could have been achieved at a reasonable cost in pain and have regret - a form of pain - that they did not use their lives more aggressively.

Oh, wow - yes, needlessly lowering my bar would cause so much regret 😬 that I never even considered it!

[Quote from Cassius](#)

Yes I would like to say at my time of departure that I am satisfied, but paradoxically I don't think it would be possible for me to say at the end that I was satisfied if I had set "being satisfied" as my guide all along the way.

That's very true! I don't think I could have come up with that - it is *very* compelling. Thank you! 👍😊

Something else came to mind: *Satisfaction* is the pleasure of successful *Choice*, whereas *Relief* is the pleasure of successful *Avoidance* -- so maybe it worked so well for me, because looking for Satisfaction forced me to look for Choice (instead of staying overly focused on Avoidance). It feels quite right now, and would imply that simply sticking to "Pleasure is the guide and goal, and Julia has to especially remember her *Choices!*" means I can reap the benefits without risking the dangers 😎