

# Is there Choice without satisfaction? What's the name of the pleasure of Choice itself?

Post by "Kalosyni" of March 16, 2025 at 2:50 PM

## [Quote from Julia](#)

To rephrase it all: "When there is no anticipated satisfaction nor an anticipated relief, which I could specifically name, I cannot possibly have completed the Choice or Avoidance operation in my mind yet."

Would you agree that this rephrased statement is correct?

(Of course, after having Chosen / decided to Avoid something, I also need to follow through; that's not what I am wondering about, though. I'm specifically looking at what happens beforehand.)

I'm feeling something subtle here...perhaps to name it as "an urge to control everything". And I think that this attitude can become a problem. There are a lot of things that happen just by chance, but we make do and go with the flow. But it is very good to focus on the important things when making choices, such as where to go to college, what to major in, whether to get into a relationship for the purpose of marriage or stay single, or whether or not to have children. But there are a lot of small things that often don't matter, in my opinion (such as whether or not, or when, to clean the bathroom mirror, and it depends on each individual as to what brings pleasure and pain).

So I don't think it is important to feel or notice whether or not you've "completed the choice and avoidance operation" (as you stated above), because many things we do are based on habits that are automatic. If we do feel some pain then we should look to see what were doing wrong and then work on making changes to our habits.