

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

Post by “Julia” of March 16, 2025 at 7:22 PM

I'm sorry, I was somewhat ambiguous as to how I mean my question(s); please allow me to clarify:

I don't try to control everything; I try to not mindlessly go about my days doing random things which I'll only regret. In that process, I'm often stuck in that middle-ground of dioko/kleros: Despite not having anything better to do, merely wishing my bathroom mirror was clean (dioko), instead of consciously deciding to clean it and committing to that decision (Choice), and instead I sleepwalk to the kitchen, get a snack despite not being hungry or go back to staring at the ceiling or doing something else that's at best useless, at worst self-sabotaging.

This is why I am so keen at finding something to habitually check for. Such as "name the satisfaction/relief that will come from this" and if I cannot do so, I see that I didn't actually do proper Choice/Avoidance.

This is why I wonder if there is a case where proper Choice/Avoidance has been done but there's still no anticipated (in the lower-case casual sense of anticipation) satisfaction/relief to come from the current action. It's really not that deep, and very pragmatic hands-on. I just want to make sure I'm not missing an edge-case or something, because I certainly cannot think of any Choice without foreseeable satisfaction (among other pleasures), nor can I think of any Avoidance without foreseeable relief (among other pleasures). Because the other pleasures are variable, simply checking for "What's the satisfaction/relief that'll come from this" is a dumbed-down, fool-proof, simple yet effective a "Did I *really* do Choice/Avoidance, or am I fooling myself, or in an autopilot trance?"-test as I could come up with.