

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

Post by "Julia" of March 17, 2025 at 11:08 PM

[Quote from Godfrey](#)

For me, the immediate pleasure of choosing is that of agency.

Yes, but this regards the mental operation of Choice/Avoidance itself, whereas...

[Quote from Godfrey](#)

And this can build upon itself with tiny successes such as choosing to take a break, then taking it when the time comes.

...whatever you Choose or Avoid will bring satisfaction and/or relief, won't it? Seems to me that

- Choice: to do something for satisfaction and other pleasures
- Avoidance: to do something for relief and other pleasures

are indeed valid definitions.