

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

Post by "Julia" of March 19, 2025 at 11:32 AM

[Quote from Kalosyni](#)

You might look onto "Compassionate Communication" (NVC) by Marshall Rosenberg:

Mm, this is still at cross purposes: In general, when faced with a task one doesn't like doing, one can either use willpower and try to "just power through", but the kind of willpower available to "just force oneself" is a very limited resource. The other option is to speak to oneself compassionately, more akin to talking to child ("I know this sucks, but once it's done, this and that will be really good, and I'll can even reward myself with something or other"), and this is typically much more sustainable. My problem arises when *neither* of those are happening, and I'm either outright not thinking at all or am, by force of pre-conscious habit, shoving aside whichever faint notion of consequences might have bubbled up for a split-second; I tried to express this in a number of ways above: trance, autopilot, not thinking, mindless, sleepwalk, unaware,

That's why I've been looking for a question which forces me to bring to the forefront of the conscious mind the predicted consequences of my actions: "*Name* what about this will bring satisfaction/relief?"

[Quote from Godfrey](#)

[VS71](#). Ask this question of every desire: what will happen to me if the object of desire is achieved, and what if not?

Thank you so much for pointing out that connection! 👍

I'm glad it says "every desire" - not "a desire" or "your desires". There's no debating what "every" means. I'm also glad it asks to name or describe the consequence ("what will happen"), so one cannot fall into the habit of nodding it off with a mindless automatic ever-same "Yes", as would be all too possible with a closed Yes/No question. I shall pay heed to that it is phrased generically, that it isn't narrowed to any particular (set of) pleasure and pain, and try habituating myself to a more openly phrased "What will happen?" instead. Let's see how that goes 😊

Thank y'all for bearing with me, I do appreciate it 😊