

# sanantoniogarden's outline

Post by “Kalosyni” of April 10, 2025 at 8:48 AM

Very nice [sanantoniogarden](#)

This part brings up some questions:

## [Quote from sanantoniogarden](#)

one should moderate expectations and measure out a path to maximize pleasure, neither too much, nor too little.

"moderate expectations" - this sounds like telling yourself not to expect too much which would be a different sentiment compared to something like "live within your means".

"neither too much, nor too little" - this sounds like a rule that is based on an *idea* of finding the middle, however there are times in which one might choose something that appears to other people to be "too little" or "too much" and this would occasionally be chosen because it brings good results in a particular situation (based on pleasure vs. pain in a particular situation). Also, sometimes in low-risk situations we might do something which appears to be "too little" or "too-much" just to experience what sensations come with those choices (sort of a testing out the waters) and as a learning experience, which helps us understand our individual sensations and what brings pleasure both in the short term and in the long term.