

Personal mottos?

Post by “Rolf” of May 14, 2025 at 10:55 AM

[Quote from Cassius](#)

Rolfe you have not been exposed to my deep reservations about the Tetracharmakon, which you can read here.

Interesting, I'll read through this. Thanks Cassius.

[Quote from Cassius](#)

With that intro I'd say "enjoy what you can" seems correct to me, but "accept what you cannot" strikes me as too ambiguous -- cannot what? Cannot enjoy? Why?

Accept what you cannot enjoy, yeah.

[Quote from Cassius](#)

I think I'd have to ask "why can't you enjoy it? Because it was totally beyond your power? Or because you didn't try?"

This is a fascinating question, and something I've been thinking about a lot lately: The role of reframing and other such “mental tricks” in reducing pain and increasing pleasure, even in tough situations. Do you think that most things are able to be enjoyed with the right effort? I have a few health issues that cause me fairly consistent pain, and I cannot say that I enjoy them, but I have learned and am learning to accept them and thus reduce the associated pain. Interested to hear your further thoughts on this.