

Personal mottos?

Post by "Cassius" of May 15, 2025 at 6:25 AM

Quote



[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?"

Quote from Rolf

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.

On this point, Rolf, I was mainly referring to mental attitudes that cause people to focus on pain when they could by making another choice focus on pleasure. In regard to consistent physical pain, that's what's referenced I think in [PD04](#) as to long term pain being endurable, we have the kind of offsetting that Epicurus was doing on his last day, but not much more in the way of specifics as far as I know.

The other thought that I think it's important that "acceptance" of things always be conditioned on first taking as much action as one can to overturn the problem. I have a general concern in philosophical discussion that - under the influence of Stoicism or similar views - people "accept" far too many things that could be changed with the right effort. Physical problems that truly can't be fixed are an obvious exception to that concern, but even there I'd want to tell someone to be absolutely sure that they had exhausted all reasonable remedies before they "accepted" that the pain could not be fixed.

But of course you're right that when you have a problem that truly cannot be fixed after your best efforts, then you find ways to accept it, generally by distracting yourself from its presence.