

Confusion: "The feelings are only two"

Post by "Don" of May 27, 2025 at 2:50 PM

[Quote from Rolf](#)

If I'm experiencing bodily pain, for instance, it's objectively painful. I trust my senses that I am experiencing pain. However, if I dwell on and agonise over the pain, I will experience it more strongly. On the other hand, with a more positive mindset, or a conscious effort to accept the pain as it is, perhaps its impact can be reduced.

I don't know where I heard it but:

Pain is inevitable. Suffering is optional.

Or words to that effect.