

What amount of effort should be put into pursuing pleasure or removing pain?

Post by “Rolf” of June 24, 2025 at 3:19 PM

[Quote from Kalosyni](#)

Is there such a thing as not enough effort or too much effort when working to remove pain?

Speaking for myself here: I'm not putting in enough effort to remove pain if I'm still experiencing an abundance of (removable) pain. I'm putting too much effort into removing pain if the effort itself is increasing the level of pain I'm experiencing.