

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

Post by "Don" of June 24, 2025 at 3:35 PM

[Quote from Kalosyni](#)

Is effort always painful? (I don't think so myself).

Depends on the definition of pain and/or effort being used.

Any effort seems to me to be use of force or energy against some impediment or towards some goal which someone is trying overcome or to arrive at.

Sure, the motivation for the effort of learning a new skill or achieving a goal one wants is potentially pleasurable, but the effort experienced is painful in the form of repetitive exercises or practice. Frustration sets in that must be overcome. Feelings of inadequacy.