

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

Post by "Cassius" of June 24, 2025 at 4:24 PM

## [Quote from Don](#)

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.

This comes very close, or is at least analogous, to the question of whether all "desire" should be seen to be painful.

My personal view is that not all desire is painful, and neither is all effort. And in the case of either desire or effort, even in those times where the desire or effort is painful, the ultimate question remains whether the resulting total pleasure is worth the total cost in pain.