

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

**Post by “Kalosyni” of June 25, 2025 at 8:04 AM**

I am thinking about another way to ask the question: How much work should be put into pursuing what is hedonically pleasurable and how much work should go into pursuing human needs. Is there a method of evaluating what level of work (effort) is too much or too little -- your trying too hard or you are not trying hard enough -- and this may be an aspect of temperament in that some people may tend to "try too hard" and others may tend to "not try hard enough".

I've seen something on Reddit, written about "chasing after pleasure" as being a bad thing, and that Epicureans should just "relax" (code word for do less)...and my concern is that human needs will then go unmet...which will then result in a lesser quality of life (and less joy).