

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

Post by “Kalosyni” of June 25, 2025 at 9:30 AM

[Quote from Rolf](#)

If the work I put into attaining something pleasurable causes an more pain than the resulting pleasure, it's not something I want to be pursuing anyway.

Now...what happens if it is a tie? ...that it results in equal levels of pleasure and pain. It seems that the default answer is to not do it...but what if you make a conscious choice to do it anyway, because of various reasons (and what would those reasons be?).

[Quote from Rolf](#)

I would argue that “what is pleasurable” and “human needs” are one and the same.

Yes! 😊

[Quote from Rolf](#)

personally I find it most prudent to focus my efforts first on needs (that is, necessary desires), since their absence tends to result in pain.

Once I have those secured, I am free to pursue unnecessary pleasures (what I assume you mean by “what is hedonically pleasurable”)

And you could say that hedonic pleasures are sometimes done to remove boredom. And sometimes they are done as a kind of medicine (or distraction, or a coping mechanism) when certain needs go unmet - of course the Epicurist would make sure to do this in such a manner as to not create worse pains).