

# Searching out the motives for all choice and avoidance

**Post by “Kalosyni” of August 29, 2025 at 10:18 AM**

I just been contemplating how a subtle discontent is actually a motivating force for action. And another motivator is curiosity.

And in the Letter to Menoecus (as [Don](#) pointed out) that the sweet life is brought forth by self-controlled reasoning...as it says in the letter:

"searching out the motives for all choice and avoidance"

So these two things motivate action:

- discontent (physical pain or mental discontent/subtle fear)
- curiosity (wanting to try out a physical sensation or learn something)

Any others?