

# Searching out the motives for all choice and avoidance

Post by “Kalosyni” of August 29, 2025 at 7:00 PM

## [Quote from Patrikios](#)

Another source to motivate action is our perceived need to react to something received by our senses (e.g. sudden flash, loud noise, unpleasant odor, request from a friend, etc.).

Thank you Patrikios, I'll add those to the list (and will make revised list maybe tomorrow).

I also thought of another one: opinions of others - can work as a motivating factor - but depends on the person and the situation (fear of being shamed or kicked out of a group, or opinions of experts (such as doctors)).

Also, empty opinions (unnatural and unnecessary things).