

# What Would An Epicurean Use In Their Toolkit For Making Their Hedonic Calculus?

**Post by “godek” of July 11, 2019 at 6:05 PM**

I really like [Hiram](#) idea of looking at it like how an accountant does their work. We have a ton of terms to try to relate them to epicurean philosophy for net pleasure vs net pains. Like loans, interest, investments, stocks, bonds, mutual funds, etc.

Like investment could be lesser net pains that we endure(invest) in to gain greater net pleasures. Other investments would be like taking more days off from work in order to spend more time with friends and family this type of investment is the net gratitude memories that we gain over time vs net profit we make at work. We could setup some type of a gratitude journal worksheet. Speaking of jobs perhaps we could make a job likability score sheet net profits vs net pleasure at the job.

Loans could be what the epicureans talk about mutual aid or time spend with friends but in the hopes that your friend returns the favor or if you are the benefactor please return the favor when the time comes.

I think gratitude from what I read about the research in positive psychology one could use it as a sort of interest (but a small one or a large one depending on what type of net gratitude you use) because it is accumulate over time to create a lot of net pleasures.