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

### Post by “Cassius” of July 11, 2019 at 6:25 PM

It occurs to me that there is another reason why I like the "spreadsheet" model. Because when you focus on fitting your activities into and you think about the pains and pleasures that come from them, you're going to list your activities and the natural results and in doing so you naturally realize that "absence of pain" is not an ACTIVITY. You're never going to even consider starting a line with "absence of pain." Absence of pain is something that is an "attribute" of engaging in pleasures that drive out pains, but ***it's not an activity in itself.***

***Even if you want to say "meditate" or "Take time to reflect on your blessings" those are activities no different in principle from any other mental activity like reading a book or listening to music.***