

Is Self Preservation a Virtue?

Post by "Godfrey" of November 8, 2019 at 3:10 PM

Concerning "thrillseeking", I just came across this quote from Jill Heinerth, a cave diver: "I'm actually risk averse... I think that it's important to be scared". This just illustrates to me an understanding of risk and a commitment to do the work necessary to minimize potential pain (or death) in order to achieve a potential pleasure.

The movie Free Solo 👍👍 is an illustration of this idea. It follows a world class rock climber as he prepares for and executes a climb of El Capitan without safety equipment. Watching the movie was enough of a "thrill" for me! But it effectively illustrates the subjectivity that goes into the hedonic calculus.