

# Can Emotions be Trusted?

**Post by "Martin" of October 7, 2020 at 10:48 AM**

With respect to what is pleasure and what is pain, we trust our emotions. This does not create trouble because with respect to the decision what action to take, we use reason overriding emotions to produce results which we expect to be pleasure which is worth the pain we incur during or as a side effect of the action.

Anger is an emotion which I usually try to diffuse and will certainly override with reason when taking action. On occasion, anger may provide good motivation to take action, whereby the action is still decided upon by reason.

Love for trusted friends is an emotion which may sometimes guide my actions with reasoning reduced to sanity checks.

While drafting the paragraph, I did not notice Don's comment. But at first sight, there is no contradiction between his comment and mine.