

Self-Interest Vs. Self-Benefit [excerpted]

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Overall, self-interest and self-benefit look similar but contrast with time. As one person makes choices for now, and the other for the future, the outcomes reveal differences in each person's inner world.

Self-Interest

Is short-term in thinking. The thought range is brief, and this consequently deletes the ability to foresee harmful consequences of taking rash action.

Is life-deteriorating. The weak foresight to detect this action is harmful over the long-term and eventually creates a life-ruining experience. One could relate this to habits like [vaping](#) because it looks or feels cool, but wreaks havoc on the system over time.

May not sacrifice. This means a self-interested motive may not be willing to forego something now to achieve a greater benefit later on. An allusion to a lack of self-control or overt impulsivity.

Will only do what is guaranteed to be pleasurable. This alludes to a [hedonistic energy](#), a mental state that requires an emotional, sensory high to take action. Combined with the short-sightedness, seeking only pleasurable experiences dulls the senses, reduces self-discipline and can trap an individual in an addiction spiral.

Can appear selfish. In social relations, this energy may be difficult to keep stealth. Radiating self-interest can turn off existing colleagues, friends or would-be connections as they realize the short-sightedness, destructive behavior and prefer to keep that outside of their circles.

Self-Benefit

Is long-term focused. As a benefit, this quality is life-affirming. Being able to perceive further out in time, examining the potentialities from an action, gives the possessor more [power of choice](#).

Is life-affirming. This is an inclination towards making choices that produce growth, fruitfulness, expansion, pluses in the self and others' lives. Simultaneously, awareness of what is life-affirming generates awareness of what's self-destructive.

Increases a person. This is about abundance in a holistic sense. Mind-body. Emotional qualities. Social relationships. Health. Opportunities. A benefit is an asset.

Involves sacrifice. With the long-term focus and life-affirming detection, there is a willingness to set aside immediate gratification to manifest a larger objective. Receiving or experiencing the objective after sacrificing gratification produces deeper appreciation when the goal is realized.

May show no immediate benefit. Without the foresight, actions taken for self-benefit rather than immediate interest may appear odd, nonsensical or even foolish by some. Those who make these statements known tend to have the short-sightedness and immediate gratification hunger. Over time the labor's fruits begin to show and then it all "makes sense."

Can appear selfish. Although there is a longer-term focus and for life affirmation, taking actions for self-benefit can also look selfish externally. Actions might appear contrary to popular approaches or thoughts. This too tends to be labeled so by people who have short-term vision.