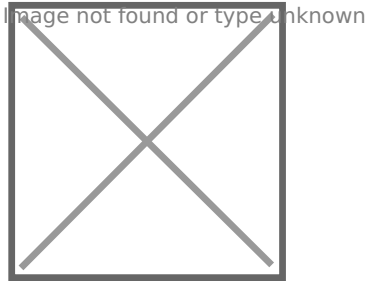


# NPR Fresh Air: Dr. Anna Lembke on pleasure, pain, and addiction

Post by “Don” of August 28, 2021 at 6:58 AM

On Lisa Feldman Barrett's affect:



[Affect is a form of cognition: A neurobiological analysis](#)

In this paper, we suggest that affect meets the traditional definition of “cognition” such that the affect-cognition distinction is phenomenological, rather...

[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)

This is an older paper (and WAY into the weeds!) but I thought this quote was helpful:

Quote

The term “core affect” has been recently introduced to refer to a basic, psychologically primitive state that can be described by two psychological properties: hedonic valence (pleasure/displeasure) and arousal (activation/sleepy).

This is the idea of the "affective circumplex" (the name for the 2d grid).

[Google Image Result for https://www.researchgate.net/profile/Emilio-Vivancos/publication/331781233/figure/fig1/AS:764176179920896@1559205207611/The-circumplex-model-of-affect-Source-Russell-and-Barrett-1999\\_Q640.jpg](https://www.researchgate.net/profile/Emilio-Vivancos/publication/331781233/figure/fig1/AS:764176179920896@1559205207611/The-circumplex-model-of-affect-Source-Russell-and-Barrett-1999_Q640.jpg)