

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

Post by “Godfrey” of August 28, 2021 at 3:58 PM

More on the affective circumplex (pleasure graph?):

It doesn't rank pleasures such as mental v visual or chocolate ice cream v pistachio.

"Absence of pain" (or absence of unpleasantness) would be anywhere on or to the right of the arousal axis. So it's not a mystical state, it's a range of "pleasures" including elation, gratification and serenity at any given time.

Correcting my previous post, maximum pleasure would be any point on the circle to the right of the arousal axis. So maximum pleasure might involve being very calm, but it might also involve being totally stoked, man. Or anywhere on the right side of the circle in between.