

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

Post by “Don” of August 28, 2021 at 5:27 PM

[Quote from Cassius](#)

Is there some reason for the circle rather than just the two axes?

It's the natural curve from high pleasure valence/low arousal to low pleasure/high arousal and right around.

Think of it as plotting points like:

X0, Y10

X1, Y9

X2, Y8

etc.