

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

**Post by “Godfrey” of August 28, 2021 at 6:56 PM**

That's an excellent question! Apparently it's not as I've been interpreting it. I've been thinking of the circle as a limit, but some googling reveals:

*Circumplex: a circular depiction of the similarities among multiple variables. (APA Dictionary of Psychology)*

*The circumplex model focuses on determining how traits and emotions are structurally similar, and its underlying assumption is that a relatively seamless circular ordering, or circumplex, is an economical description of the relations among traits and emotions. (from an introduction to an out of print book on circumplexes)*

So I think that anything being mapped would occur on the circle and not within it. This is actually even more interesting because the intersection of the axes could be considered a neutral state, but if all states in this model must occur on the circle itself then there is no neutral state.

Perhaps someone else is more familiar with this idea?