

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

Post by “Godfrey” of August 29, 2021 at 2:18 AM

Quote from Don

Is it me or do the "two coexistent aspects" sound somewhat like the arousal axis on the circumplex?

[Don](#) I think I need some translations 😊 but to my way of thinking regarding [Nikolsky's](#) quote in #28, tranquility and painlessness correspond to places on the the arousal axis and the valence axis, respectively. And as you say it seems like the passive aspect and the active aspect could correspond to the arousal axis. I'm not sure about that though; the circumplex and kinetic/katastematic are two completely different models and it's probably a stretch to equate them too closely.

As to the lack of a neutral state, I think that it has practical significance in visualizing and understanding pleasure in addition to logical arguments. Understanding the interaction of degrees of pleasure and arousal is useful in finding guidance from your feelings. As LFB explains, our feelings are often influenced by things we don't expect. The more we understand and notice about our feelings, including whether or not we have a neutral state, the better we can use them for guidance.

Getting back to the original post in this thread, I believe the Dopamine Nation author stated that there is a neutral state of dopamine (arousal, production, reaction?). I may be way off base, but I *think* that this corresponds to one axis in the circumplex model. Regardless, it seems to be another contemporary neuroscientific approach to pleasure and it might be interesting to compare this to the circumplex 🤔