

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

Post by "Don" of August 29, 2021 at 4:47 PM

[Quote from Cassius](#)

[Quote from Don](#)

I'm not sure I have a better one than "feeling" but I'm searching.

As important as this "of the _____ there are two" is, it's probably worth putting some real effort into finding a way to convey this more clearly, or at least a way to explain why whatever term is used should not carry all the connotations that we place on it in modern English.

What about something like "Epicurus taught that we can only react to things in two ways: with pleasure or with pain. There is no neutral reaction. Some pleasure and pain will be intense, some not so much. But there is no such thing as a neutral reaction to that which happens to us. We use those feelings of pleasure and pain to determine what path to follow in our choices and what actions to avoid or flee from."

That is all just off the top on my head btw... Not attached to any of it.