

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

**Post by “Don” of September 7, 2021 at 9:17 AM**

[Circumplex diagram](#)

It hit me recently that, in looking at the circumplex diagram, the "maximum" pleasure one can experience is at the intersection of the circle and the x axis to the right. Oddly enough, that's where one would be neutral on the arousal y axis. I'm not sure of all the implications of that but does that coincide with homeostasis, eudaimonia, equilibrium...? I *\*think\** it's significant but I'm not sure what that significance is. So, I'm putting my thoughts here for other ideas.