

# **We Need A Game Show With A Lightning Round Question: "Happiness or Pleasure? - Why?"**

**Post by "Kalosyni" of February 3, 2023 at 5:34 PM**

Riffing on some ideas coming up after reading previous comments.

Happiness can be an internal story you are using to explain the meaning of the pleasures you are experiencing.

Yet, happiness is also considered a feeling -- when it is vicerally felt in the the body as an extention of relief or pleasure.

A happy life is assumed to be a life full of good experiences, and we would assume that there is a great number of pleasurable experiences (both physical and mental) that happen in a happy life.

Consider the following questions and any likely situations when these questions are asked:

"Are you happy?"

"Are you enjoying yourself?"

"Does this feel good?"

A happy life can still feel happy even when immediate pleasure isn't occuring, and I think that it really points to "happiness" being mostly an internal story about whether or not we are feeling pleased about the way our life is currently unfolding.

Is it true that: You can't have a happy life without pleasure, but you could can have pleasure even if you aren't having a happy life?

It seems that we need both pleasure and happiness.

We have this from Epicurean Philosophy:

"Friendship dances around the world, announcing to each of us that we must awaken to happiness." PD 52

And this PD can work as a visual definition of happiness.

(visual as in before the internal eyes)

I dance therefore I am.