

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

Post by "Godfrey" of February 3, 2023 at 6:25 PM

## [Quote from Kalosyni](#)

A happy life can still feel happy even when immediate pleasure isn't occurring, 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.

This sounds right, although I would tend to use "state" instead of "story." And this of course leads to the discussion of *ataraxia* and *eudaimonia*, and whether they are fancy pleasures which are more important than pleasure, or whether they are subsets of pleasure.

If I understand correctly, [Kalosyni](#) 's quote above is related to [Don](#) 's description of a background state of happy homeostasis. I think that that's necessary, but not sufficient, for the fullness of pleasure. Dabbling in prudent extravagance can fill the tank in that regard (referring to one of [Cassius](#) 's former illustrations.