

Imagery On The Interplay Between "Pursue Pleasure" and 'Avoid Pain"

Post by "Kalosyni" of March 29, 2023 at 10:13 AM

As I was thinking further, I found some articles which you can read in this post:

Post

[Hedonic Motivation - Seeking pleasure/reward and avoiding pain/punishment](#)

This [Wikipedia article: Hedonic Motivation](#) is interesting:

[...]

And a [Frontiers article: Truth, control, and value motivations: the "what," "how," and "why" of approach and avoidance](#) (which I have not yet finished reading but wanted to include):

[...]



Kalosyni

March 29, 2023 at 9:46 AM

And thinking further that we as Epicureans are choosing to put a greater emphasis on seeking rewards and pleasure rather than on fearing punishment or pain. So while it is natural to be motivated by both pursuing pleasure and avoiding pain, it can actually be a sign of poor mental health if one is only focused on avoiding pain.

Quote

The latest research from the [Bo Li Lab](#) suggests that an imbalance between the push-pull of GABAergic and glutamatergic VP neurons skews "positive vs. negative motivation and may explain behaviors associated with [psychiatric](#) disorders like [depression](#) or [anxiety](#)."

People suffering from major depressive disorder (MDD) are often unmotivated to seek out things that once gave them pleasure. Those of us who are prone to generalized anxiety disorder (GAD) often go to extreme lengths to avoid situations that seem

threatening.

[Source](#)

Perhaps one day there will be something called "pleasure therapy".

Hoping that all of what we are posting in this thread may give some food for thought and inspiration for @Nate to create more fun memes, as he always comes up with such imaginative ones. 😊