

"Absence Of Pain Is Pleasure" - How Would You Articulate That To Someone?

Post by "Godfrey" of November 17, 2023 at 3:31 PM

I'm jumping into this late, but in response to [Kalosyni](#) 's post about mixed pleasures, I'd like to put in a plug for my current favorite categorization of feelings as being composed of the three aspects of intensity, location and duration (as can be discerned from the PDs).

Examining these aspects helps me to deepen my understanding of pleasure, and to realize that there are innumerable locations where we experience pleasure (big toe, little toe, stomach, thoughts about death, thoughts about previous happy experiences, stimulation of listening to music &c) and that I can maximize my pleasure partly by doing things that maximize the locations and duration of my pleasure. Because of the innumerable locations and potentially overlapping durations, pleasure is, most likely, always "mixed" overall (unless you're a god...). Part of maximizing my pleasure is understanding which locations of pleasure (which some people might refer to as "types" of pleasure) are the most personally satisfying, and in what intensities and durations.

I have a niggling feeling that k&k pleasures have a relationship to these three aspects. But I don't think that these aspects are a defining characteristic of k&k, or vice versa. I'm currently thinking of them as two mental models, and people can utilize whichever is most useful to them, or both. A third mental model is the categories of desires. The three mental models seem to me to work well together, reinforcing one another. But I see all three as well-conceived tools for helping people understand and maximize their pleasure.