

# Scientific Support for Psychological Hedonism

Post by “Cassius” of April 23, 2024 at 7:57 AM

I noted this section in the Stanford Encyclopedia of Philosophy On Hedonism when we talked about psychological hedonism the other night. This carries the point to an extreme, and it's a little concerning that the writer seems to have so many more words for pain than pleasure, 😊, but it does provide an illustration of the point (I added the underlining):

## Quote

In general, pleasure is understood broadly below, as including or as included in all pleasant feeling or experience: contentment, delight, ecstasy, elation, enjoyment, euphoria, exhilaration, exultation, gladness, gratification, gratitude, joy, liking, love, relief, satisfaction, Schadenfreude, tranquility, and so on.

Pain or displeasure too is understood broadly below, as including or as included in all unpleasant experience or feeling: ache, agitation, agony, angst, anguish, annoyance, anxiety, apprehensiveness, boredom, chagrin, dejection, depression, desolation, despair, desperation, despondency, discomfort, discombobulation, discontentment, disgruntlement, disgust, dislike, dismay, disorientation, dissatisfaction, distress, dread, enmity, ennui, fear, gloominess, grief, guilt, hatred, horror, hurting, irritation, loathing, melancholia, nausea, queasiness, remorse, resentment, sadness, shame, sorrow, suffering, sullenness, throb, terror, unease, vexation, and so on. 'Pain or displeasure' is usually stated below just as 'pain' or just as 'displeasure'.

<https://plato.stanford.edu/entries/hedonism/#ArgForPsyHed>