

Hedonophobia

Post by "Pacatus" of October 4, 2024 at 3:19 PM

"Hedonophobia is *an excessive fear or aversion to obtaining pleasure*. ... Hedonophobics have a type of guilt about feeling pleasure or experiencing pleasurable sensations, due to a cultural background or training (either religious or cultural) that eschews pleasurable pursuits as frivolous or inappropriate. Oftentimes, social guilt is connected to having fun while others are suffering, and is common for those who feel undeserving or have self-worth issues to work through. Also, there is a sense that they should not be given pleasures due to their lack of performance in life, and because they have done things that are deemed 'wrong' or 'undeserving.'"

[://en.wikipedia.org/wiki/Hedonophobia#:~:text=Hedonophobia%20is%20formally%20defined%20as,is%20of](https://en.wikipedia.org/wiki/Hedonophobia#:~:text=Hedonophobia%20is%20formally%20defined%20as,is%20of)

Today is the first that I heard of such a thing (in some random reading).

But I have known at least one person (who came immediately to mind) who had a fairly strong and insistent version of this. She was a social activist (whom I knew from my own, lesser, participation in some of the same issues), who is a lay-member of a Roman Catholic Benedictine group.

Anyone else have any experience with this?