

# Why Do We Consider The Absence of Pain To Be Pleasure?

**Post by “Don” of November 7, 2024 at 10:34 PM**

Here's my take:

- You are alive.
- As an alive being, you *\*will\** have a reaction to every stimulus that interacts with you. You can't not have a reaction. You can't not *\*feel\** something.
- Those reactions or feelings will be either positive or negative. Positive feelings we call pleasure. Negative feelings we call pain.
- That is why, while we're alive, we feel pleasure or pain. There is no "neutral" feeling.
- Sometimes the pleasure will be slight, sometimes intense. Same with pain. But you're still feeling something.
- So, where there is no pain there is pleasure. And vice versa.
- So The Absence of Pain Is Pleasure; The Absence of Pleasure is Pain.