

# Aspects of Pleasure - Dopamine, Endorphine, Continuity

Post by “Kalosyni” of November 8, 2024 at 12:14 PM

[Quote from Matteng](#)

What speaks against the idea that intense sensual pleasures go beyond the limit of absence of pain? (my ideas: short-livedness, negative consequences of maintaining these pleasures e.g. numbness, hedonic treadmill, costs, ungratefulness, harming friendships and other values ( which are in core Pleasure) ...)

Instead of "short-livedness" and as long as the pleasure didn't cause unwanted/painful consequences, then one would simply feel a sense of gratitude and appreciation to life for having been able to experience that particular short-lived pleasure.

As for anything that feels like it is a "hedonic treadmill"...I would suggest slowing down and putting more attention on the specific experiences and to "open up the senses" to be fully present both in your mind and body.