

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

Post by “Kalosyni” of November 8, 2024 at 12:41 PM

## [Quote from Cassius](#)

Why does Epicurus consider the absence of pain to be pleasure?

When pain is absent from the body, the appreciation of that experience is mentally enjoyable.

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And here is a full list of pleasures:

- enjoyable and pleasant bodily sensations (sights, sounds, tastes, touch, smell, etc.)
- the cessation of pain in the body (when pain is no longer present) (pain = sharp, piercing, burning, stinging, throbbing, heavy)
- awareness that the body is healthy (no pain present)
- enjoyable and pleasant mental feelings and thoughts (joy, clarity, calm, strength, gratitude)
- the cessation of unpleasant emotions (fear, worry, anxiety)
- awareness of a clear mind free from unpleasant emotions (fear, worry, anxiety)