

# Illustrations and Analogies For Explaining the "Two And Only Two Feelings" Argument

Post by "Todd" of May 20, 2026 at 6:50 PM

[Quote from Cassius](#)

"pleasure" and "absence of pain" can be interchangeable

Are they though?

It seems more correct to say complete absence of pain is perfect / complete / the limit of / the fullness of pleasure.

Or you could say a reduction of pain is an increase of pleasure. Or a given sensation is either pleasant or painful.

But by treating those terms as equivalent you could easily give people the idea that you only experience pleasure if you are completely free from pain, which is obviously not what Epicurus said.

I think there is a technical sense in which they are interchangeable. The problem is that "absence" suggests *complete* absence, while "pleasure" by itself just suggests *some* pleasure.