

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

Post by "Cassius" of May 21, 2026 at 8:19 AM

## [Quote from Don](#)

I don't like trying to shoehorn the relay race into pain/pleasure analogies.

I also don't like the storm and shore for the pain/pleasure analogies.

So the storm and shore analogy seems to me to be an example of what is cited in the quote above about how "Some of these are truly binary by definition; others are socially or psychologically treated as binary even though, upon closer analysis, they may admit degrees. That distinction itself is often philosophically important."

while the "race" analogy is probably more clear - you either finish the race or you don't. Most of the time also you either "win" the race or you don't.

It's always possible to look for "what about" unusual situations that require nuance, but that doesn't take away from the fact that "usual" and "unusual" are also real things, and that it is reasonable to make generalizations about what is "usual."