

On "Happiness" As An Abstraction / "Pleasure" As a Feeling

Post by "Don" of January 11, 2021 at 8:22 PM

[Quote from Elayne](#)

I did a poll once of my FB friends on whether happiness is a feeling or a concept. They said feeling except for one person. The songs "Don't worry, be happy", "If you're happy and you know it clap your hands"-- these are feeling songs. To use it abstractly is a philosophy attempt to denigrate feeling by saying your happy feeling isn't real happiness-- you should seek an abstract ideal instead. It's the ivory tower against the people, trying to make life esoteric ☐. That's Platonic, to make it abstract.

I use it the way ordinary people do, as an expression of a pleasurable feeling.

I don't agree. The feeling/reaction to a situation or stimulus is *pleasure.* "Being happy" is the cognitive response to that feeling of pleasure. "Happiness" is the state of being that you are aware of yourself being in when you experience sequential pleasurable sensations over a certain duration.

If I say "I'm happy," one can ask "Why are you happy?" This thing and this thing and this event "make" me happy. Happiness can often be broken down into constituent parts.

"If I say "Aaaaaaah" as i close my eyes and look up on a warm sunlit day, I'm experiencing pleasure. I may also think "I'm happy" at that moment but that comes after the actual sensation of pleasure.