

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

Post by "Elayne" of January 11, 2021 at 11:58 PM

I think you're making it more complicated than it is. I'm just talking definitions. All language is necessarily an abstract representation, including when it comes to feelings. I am saying that most people, including me, use the word happy to communicate a feeling of pleasure. Not a thought or analysis but a simple feeling.

There are many words for pleasurable feelings of various types, which shouldn't be surprising considering the huge numbers of ways our brains can be affected by various pleasurable neurotransmitters. There is serotonin, oxytocin, different endorphins and endocannabinoids, along with a variety of receptors for each in different parts of the nervous system. All of which can be combined in a huge variety of proportions, locations, and intensities!

I'm not sure why you don't agree that awareness of having had sequential pleasure would be painful if the person thought they weren't supposed to feel pleasure? That happens all the time with people in repressive religions, with sex. They feel guilty, sometimes simultaneously with pleasure.