

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

Post by "Don" of January 12, 2021 at 8:06 AM

[Quote from Elayne](#)

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.

Oh, I'm not saying they don't feel pleasure nor that they don't feel guilty/pain. They're human. They sense pleasure and pain. But if they feel pleasure and say they aren't happy, then their pleasure causes them pain in sequence. Or there's a mixture of pleasure and pain, but they can't exist simultaneously in the same moment. I'll posit an alternative though. I could maybe see parallels to people taking pleasure in eating hot peppers. They've acclimated themselves to sense the pain of the burn with pleasure. But I still think that's cognition. Similar to religious guilt where they've trained themselves to interpret pleasure as bad/painful. The pleasure is still there. That's a human sensation. It's in the interpretation where things go awry. They may not be conscious of it since it's so ingrained. But the non-judgemental sensation leads to the subjective "feeling".