

# **An Epicurean Understanding of Pleasure**

**Post by “Don” of October 8, 2021 at 12:50 PM**

I would also add we can consciously desire something. We can think about wanting something. We don't get a choice but to experience pain or pleasure when it's happening. We react. If I hit my thumb with a hammer, I feel pain! I don't get to decide if it's painful, it just is.

Now, I can "will" myself to endure the pain... like the experiments that have subjects hold their hand in ice water. Those who swear can more readily withstand the cold longer than those who are not allowed to swear. They are both experiencing pain but one group experiences it as less painful. Same stimulus, different reactions.