

Is motivation to pursue pleasure the same as the motivation to remove pain?

Post by “smoothiekiwi” of February 9, 2022 at 3:07 PM

I would say, yes and no. Obviously, sometimes my desire to remove pain is in alignment to create new pleasure- e.g., when I turn on the heat in the winter, I minimize the coldness and create a warm, cozy atmosphere.

At the same time, that doesn't mean that it's always the case. A few weeks ago, I went with a friend out into the cold exterior, and enjoyed the talk. The pain from coldness was a different one than the pleasure of friendship. I find it difficult to compare these two sorts, as one of them is physical, while the other one is psychological.