

Let's explore and reclaim pleasure

Post by “Kalosyni” of March 6, 2022 at 6:09 PM

For easier reading, here is my list in simple text format:

1. Pleasant sensations - sights, sounds, flavors, scents, skin sensations
2. Pleasant relief - from hunger/thirst; hot/cold; sickness/pain; fear/worry; fatigue/stress
3. Enjoyment of vigor and health - in bodily movement or exertion
4. Enjoyment of novelty - of sensation, new places, new friends, new information, new learning
5. Enjoyment of possessions and the act of acquiring the objects of necessity, well-being, security, or enjoyment
6. Enjoyment of skill, craft, or work - competence of control of tools, technology, or knowledge
7. Enjoyment of friendship - conversation, commonality, emotional intimacy and support, and mutual fun
8. Enjoyment of community - participation, acceptance, and belonging
9. Enjoyment of sports and games
10. Enjoyment of aesthetics - art, music, theater, world culture
11. Enjoyment of pleasant memories
12. Enjoyment of imagination and anticipation
13. Enjoyment of leadership and teaching
14. Enjoyment of giving - service and aid
15. Enjoyment of loving and gratitude
16. Enjoyment of relaxation - solitude, meditation, sleep