

Episode One Hundred Thirty Eight - Letter to Menoecus 5 - Pleasure Part One

Post by “Godfrey” of September 6, 2022 at 2:47 PM

Quote from Joshua

...I don't think that pain is necessarily "bad" or "evil".

I agree with much of [Joshua](#) 's post. A point to clarify, at least in my mind, is that rather than being bad or evil, pain is a guide pointing away from health. Pleasure is a guide pointing toward health. If you ignore your pain (or have CIP) then you can expect results harmful to your well-being. When you overdo pleasure seeking, pain will generally guide you back to reasonable pleasure seeking.

Pleasure is a guide toward healthy outcomes, pain is a guide away from unhealthy outcomes. Desires are neither. Or both. In this way they are different from pleasure and pain; they're more like attractions rather than guides.

The question remains whether they are feelings, sensations, thoughts, or something else....