

# **We Need A Game Show With A Lightning Round Question: "Happiness or Pleasure? - Why?"**

**Post by "Adrian" of February 3, 2023 at 3:20 PM**

Pleasure and happiness are very different. Pleasure can be obtained by an action, however happiness is more like a gift that is passively received.

And so I can do something that (I know) gives me pleasure - such as sitting in the sunshine drinking tea with my wife - and then after a time (and possibly after a particular action or an event has passed) I can realise that I was/am happy. Happiness cannot be forced. I cannot act so as to force happiness, yet I can do something which will certainly give pleasure. Certain actions may be difficult or stressful (and not necessarily pleasurable) and yet when looking back I can see that I was happy during that time. Certain acts may be difficult at the time and yet retrospectively I may realise that I was experiencing a deep kind of pleasure.

So we want true pleasure and happiness will follow.