

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

Post by "Kalosyni" of February 3, 2023 at 7:37 PM

[Quote from Godfrey](#)

If I understand correctly, Kalosyni 's quote above is related to Don 's description of a background state of happy homeostasis.

Hmmm...I wasn't thinking about homeostasis when I wrote my post earlier (and need to go back to see what Don said about that).

Is there a "recipe" for how to make happiness? (the following things are needed for happiness):

- Both physical and mental pleasures
- Assurance of security in the future (basic necessities and safety)
- Freedom from fear of death and God(s)
- Physical health

So...this means that pleasure is easier to get than happiness.

In fact, I was thinking that the Tetrpharmakos should be this:

Don't fear God

Don't worry about death

Pleasure in life is easy to experience

Pain in life can be endured through the addition of pleasure