

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

**Post by "Cassius" of February 3, 2023 at 8:15 PM**

I "feel" like it would be easy for this thread to go off in all sorts of ways that would make it sound like we are really doing nothing but spinning our wheels for the 1000th time. And I think all of us in this thread have in our minds at least a tentative balance where we find both words to be fully desirable.

So I "feel" like it would be good to say: Rather than just think about all the possible ways this issue could be taken, we should probably focus on our experiences in dealing with people who have only a superficial knowledge of Epicurus. Sort of the people that Diogenes of Oinanda and Torquatus thought they were talking to when they ended up emphasizing almost the exact words of "a life of happiness is a life of pleasure." I think we all believe that we ourselves can balance these terms, but why is there an issue with other people not understanding that they go hand in hand and are not in conflict? Why do people see a conflict between happiness and pleasure? And what's the most direct way to get them to see that they are mistaken in presuming that there is a conflict? What's the key to unwinding that perceived discomfort?

I think I remember Torquatus implying that the issue was that people who don't know how to pursue pleasure end up getting burned with lots of pain? But is the issue deeper, and that people think that "pleasure" is sinful or wrong? And that they somehow find "happiness" more socially acceptable?