

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

Post by "Kalosyni" of February 3, 2023 at 8:24 PM

## [Quote from Godfrey](#)

This leads me to the thought that happiness is, perhaps, a static mental pleasure.

It does seem that everyone has their own subjective idea about what happiness is.

## [Quote from Godfrey](#)

I'd say physical health and pleasure aren't necessarily necessary for happiness,

Chronic pain can lead to depression. Pleasure is a natural by-product of activities such as eating food, regardless of feeling "happy". So happiness is something else beyond pleasure.

## [Quote from Cassius](#)

and Torquatus thought there were talking to when they ended up emphasizing almost the exact words of "a life of happiness is a life of pleasure."

I was just thinking about how there is something in that "On Ends" which says that Epicurus was the masterbuilder of the life of happiness.

## [Quote from Cassius](#)

There's an answer for us to how to 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?

The conflict is about what does the word "pleasure" mean, and what does the word "happiness" mean. It may not be possible to have everyone agree about what these words mean.