

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

Post by "Kalosyni" of February 4, 2023 at 9:30 AM

Diogenes of Oinoanda doesn't help to clear up things for me, because it doesn't saying what it means by happiness.

Thinking further on this, off the top of my head:

-- "happiness" is a feeling of enjoyment that comes when we experience pleasure, and this feeling comes and goes depending on the situation.

-- "happiness" can also be thought of as something encompassing a longer period of time (for example looking back over the past year and also projecting onto future months) -- when you feel pleased and when things are going well in your life. (And so I still stick with the idea of it being an internal story (basically if you tell yourself if you are satisfied and generally enjoying how your life is unfolding).

According to Diogenes of Oinoanda, the virtues are the means to find happiness in life:

If, gentlemen, the point at issue between these people and us involved inquiry into «what is the means of happiness?» and they wanted to say «the virtues» (which would actually be true), it would be unnecessary to take any other step than to agree with them about this, without more ado.

-----So now, I would say that this actually isn't the whole picture and is missing things which are in the [Principal Doctrines](#) -- a happy life (which entails more pleasure than pain), requires prudence in choices, and also other factors (a secure future, freedom from fears of death/God, supportive friendships, and self-sufficiency (which I would apply now in modern times as being having a good job in which you are free to make the needed choices to do what you need to do. I have read that not having freedom to make decisions in the workplace can be very frustrating).