

Is pleasure as the natural goal of life falsifiable?

Post by “A_Gardner” of February 7, 2023 at 12:51 PM

I am late to this conversation as well, but it does contain some ideas I have been reflecting on recently that I wish to share and welcome the input of others!

As of late, I have actually been implementing more Stoic teachings and practices in my life, so the question of pleasure being the sole goal of life (and if it's falsifiable) has crossed my mind. As of now, I can say as others have, that **it is not falsifiable**. As rule of judgment goes, it is not my place to judge another individuals pursuits as far as they cause no harm to myself or others. The Epicurean goal of pleasure (as defined in his teachings) is in fact a most noble life pursuit in my opinion.

I can also attest to the argument that living creatures naturally want pleasure and actively pursue it, while trying to avoid pain. Even the Stoic school has preferred indifferents!

That said, an argument against propping up pleasure as the only good in life, is that it can lead to more states of psychological unrest, as pleasure is never a guaranteed and we often faces forms of hardship just as much if not more than pleasure, no matter how we may try to mitigate the pain and amplify the pleasure.

Can it be argued here that ataraxia is more difficult to obtain/ maintain when faced under the duress of pain?