

# Is All "Ataraxia" Equal?

Post by "Don" of November 20, 2023 at 12:12 AM

[Quote from Godfrey](#)

Some pleasures do involve various pains

I can't endorse that. The feeling of pleasure is pleasure and feeling of pain is pain.

If you're saying "Some overall pleasurable activities involve various pains," then, yes, I can endorse that. Riding on a roller coast for some is partly exhilarating and partly terrifying, but the "terror in a controlled environment" is part of the pleasure.

And we know that we have to undergo some pain (ex., exercise) for future pleasure (ex., better health, longer life hopefully). I have no problem with that scenario.

What I'm objecting to (and objecting is probably too strong of a word here) is that the feeling of pleasure itself is not mixed with pain. We can experience some pleasure and some pain in different parts of our body (or maybe even different parts of our mind?) but there is no such thing as pleasure/pain in one feeling.

That's what I meant by "simply."