

# Confusion: "The feelings are only two"

Post by "Don" of May 26, 2025 at 2:45 PM

As far as the "feelings are two," I fall back on the modern psychological research on valence and activation. You'll see some of this on this forum if you search for circumplex or Dr. Lisa Feldman Barrett, <https://lisafeldmanbarrett.com/>

There's also some research here:

[Russell's \(1980\) Circumplex Models - Psychology of Human Emotion: An Open Access Textbook](#)

My basic understanding, both Epicurean and modern, is that if you are **alive**, you are feeling something. There is no neutral state. It may be intense (high activation) or mild (low activation); and there will be an unpleasantness/pleasantness dimension (valence). But you never feel neutral if you're being honest with yourself.