

Confusion: "The feelings are only two"

Post by "Rolf" of May 26, 2025 at 3:03 PM

[Quote from Don](#)

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:

<https://psu.pb.unizin.org/psych425/chapt...cumplex-models/>

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.

Thanks Don, it's helpful to hear it in more modern, scientific terminology.