

# Discussion of Article: "On Pleasure, Pain and Happiness"

Post by "Elayne" of July 15, 2019 at 8:29 PM

I will fix the ataraxia sentence.

I do not think it is ever a confusion whether someone is having pleasure. But there is definitely a confusion, which I have observed in person first hand and would be unwilling to argue against, of people not recognizing low grade pain for what it is. They can have what is clinically termed "alexithymia", inability to describe a feeling. I have never, ever observed this with pleasure. When I question the confused person who doesn't know what their feeling is, after some time I can help them realize that it is an unwanted feeling, which means it is a pain. As I mention in the paper, sometimes they are just so used to pain that it is like water to a fish. They have forgotten there is an alternative. But people in pleasure don't forget they are happy. They can habituate to an experience in regards to pleasure, but not to the feeling itself.

I don't know why this is the case, just that it is definitely so. It isn't that there is a 3rd feeling, but maybe pain is confusing to people in some way that pleasure is not?

I think by saying the feelings are two that I don't need to say pleasure is of a similar type, otherwise there would be more than two.