

# **Can We Experience Pleasure in One Part of Our Experience and Pain In Another Part of our Experience At the Same Time?**

**Post by "Godfrey" of January 6, 2020 at 3:22 PM**

This brings to mind studies on multi-tasking. I've not read the studies, but summaries I've seen in articles from time to time generally state that we can only focus on one task at a time. Therefore "multi-tasking" is actually rapidly shifting attention back and forth from one task to another.

Similarly, a perception would include only pleasure or pain but as one's perceptions shift, so does one's experience of pleasure or pain. For instance, right now I've got the flu and generally feel pain. If I get engrossed in a good book I feel pleasure even though the pain of sickness is still there, I'm just not perceiving it.

Which brings also to mind the much more extreme example of Epicurus on his deathbed, where he was enjoying pleasurable memories even while dying a painful death.