

Pleasure: ruminations from sequestration

Post by “Godfrey” of May 13, 2020 at 1:38 PM

Pompadour, sorry to hear of Godfrey's demise. We lost our dog last year and it's tough to lose someone who loves and depends on you.

I'm not organized enough to keep a log or diary of my pleasures (or of anything, for that matter). Like many things, that might be useful or pleasurable depending on your personality or specific circumstances. Some people keep a gratitude journal (I've tried 😞) and that could be a good model for such an endeavor. Since gratitude is closely related to pleasure, the two might be combined into one log or journal. I could also see where this could be useful on a short term basis: to get through a difficult time, or to help navigate a transition.

Personally, the best way that I've found to reflect on and analyze pleasure is to assume a comfortable supine position in a quiet place, give my thoughts a direction, and watch where they go. But I'm sure that that's not effective for everybody! In terms of putting my thoughts to paper (analog or digital) I tend from time to time to make checklists of general or specific pleasures to pursue. Over time these help me to refine my thinking about ways to use my feelings for guidance.

Cassius when you mentioned diagrams, that got me thinking about intensity in terms of depth and breadth. Depth would correspond to adding "layers" such as in the caregiver example above. Maybe breadth could represent intensity; I'm not so sure about that one. Also intensity could be represented by various colors. Depth and breadth seem to relate to the full cup analogy more so than color....