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Subject: Re: What is the opposite of pain?

Posted by [Nukelt15](#) on Sun, 15 Feb 2009 03:29:07 GMT

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What sort of pain do you refer to?

To emotional pain (depression and grief, for example), I would say that the opposite- or as close as you might find to one- is serenity. A state of being where you are calm and unburdened- that is, a state of being in which you do not suffer. Serenity, however, would also be an opposite to any state of emotional stress- even positive stress like elation, relief, etc. Those, also, could be called opposites to pain- but it has been argued that such feelings are meaningless without pain to set them against for comparison. A state of absolute inner serenity, however, cannot coexist with pain and is thus a truer opposite to it as one cancels the other out.

Physical pain, on the other hand, I don't really believe has an opposite. Certainly not pleasure; to some the two are one in the same. Physical sensations are somewhat prone to being reversed or altered by a few crossed wires; perceptions of them differ from person to person. Any given emotion, however, is the same for anyone who feels it- only the cause and intensity differs.

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