# Problem

Anhedonia is (literally from DSM-5):

“Lack of enjoyment from, engagement in, or energy for life’s experiences; deficits in the capacity to feel pleasure and take interest in things.”[[1]](#footnote-1)

# Relation with depression

“Anhedonia has a particularly strong association with suicidal ideation.”

# Keyword origin

(0|zero) (motivation|interest|ambition)

want nothing( in life)?

unable to enjoy anything

trouble finding willpower

sit around and do nothing

problem with keeping (things|my life)? ?going

poorly motivated .{0,15} anything

poor motivation .{0,15} anything

(nothing|anything) to (live for|look forward to|do)

nothing makes me happy

nothing feels good anymore

nothing .{0,15}feels?.{0,15} good( anymore)?

nothing .{0,15}able to give me relief

not? pleasure

not? into (everything|anything)

not? interested in (everything|anything)

not? having motivation

not? at all interested in (anything|everything)

not? .{0,15} (interested|motivated)

non-motivation

no sense of satisfaction

no purposes?

no pleasures?

no passions?

no .{0,15} motivations?

no longer enjoy(ing)? anything

no interest( in (everything|anything))?

no hope for pleasure

no goals?

no enjoyment out of things

no ambitions?

never have ambitions? in( my)? life

need motivation to live

myself wanting to skip days

my life is( so)? boring

motivation issue

motivation is going down

motivation is at a new low

motivation decrease

motivation .{0,15}tanked

low motivation .{0,15}( for)? anything

(lose|losing|lost|destroy(ed)?) .{0,15}pleasure

(lose|losing|lost|destroy(ed)?) .{0,15}motivation

(lose|losing|lost|destroy(ed)?) .{0,15}interest

(lose|losing|lost|destroy(ed)?) .{0,15}desire

(lose|losing|lost|destroy(ed)?) .{0,15}purpose

(lose|losing|lost|destroy(ed)?) .{0,15}interst

(lose|losing|lost|destroy(ed)?) .{0,15}dire

(lose|losing|lost|destroy(ed)?) .{0,15}ambition

little .{0,15}pleasure

little .{0,15}motivation

little .{0,15}interest

little .{0,15}desire

little .{0,15}purpose

little .{0,15}interst

lack( of)?.{0,15} (purpose|ambition|purpose|pleasure|motivation|desire|concern|willpower|interest)

inability to feel pleasure

inability to enjoy anything

inability to enjoy .{0,15}pleasurable.{0,15}

in survival mode

gives? up the motivation

feel.{0,15} so lazy

feel.{0,15} jaded

everything is boring( to me)?

enable to enjoy anything

drain.{0,15} (motivation|ambition)

donâ€™?'?t feel like doing anything

donâ€™?'?t want to do anything

donâ€™?'?t like anything

donâ€™?'?t have any emotion

donâ€™?'?t have ambition

donâ€™?'?t feel pleasured doing

donâ€™?'?t feel motivated( at all)?

donâ€™?'?t enjoy life

do ?not like anythinng

do ?not feel like doing anything

do ?not want to do anything

do ?not like anything

do ?not have any emotion

do ?not feel pleasured doing

do ?not feel motivated( at all)?

do ?not enjoy life

desire nothing

decreased motivation

couldn't find.{0,15}motivation

could ?not find.{0,15}motivation

causes me to lose interest

causes me to have no motivation

(canâ€™?'?t|can ?not) get myself to do anything

(canâ€™?'?t|can ?not) find.{0,15} motivation

bored with (almost )?everything

bored everyday

bored all ?day

anhedonia

no goals in life

(nothing|anything) to live( for)?

(donâ€™?'?t|not) have .{0,15}motivation

(donâ€™?'?t|do ?not) find joy in (anything|nothing)

(donâ€™?'?t|do ?not) feel fulfillment

(donâ€™?'?t|do ?not) have a sense of purpose

(donâ€™?'?t|do ?not) care about anything

no motivation to do anything

(couldnâ€™?'?t|could ?not) enjoy anything

(canâ€™?'?t|can ?not|couldnâ€™?'?t) experience pleasure

1. Diagnostic and Statistical Manual of Mental Disorders, 5th edition. <https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596> [↑](#footnote-ref-1)