

# **Do Pigs Value Katastematic Pleasure? ( Summer 2022 K / K Discussion)**

**Post by “reneliza” of July 19, 2022 at 1:57 PM**

I've noticed- definitively as of this morning- that in-person social engagements give me migraines 100% of the time these days. Spending time with friends is obviously something almost anyone would consider a "clean" pleasure, yet it disrupts my mental tranquility (by interrupting aponia) so what does that mean? Should I ignore my own physical pain and essentially gaslight myself because other people told me that friendship is a moral good? Should I partake in social engagements only occasionally in order to avoid unnecessary pain? Or should I use this knowledge going forward and bring my medicine, headphones, and sunglasses with me so that I can indulge in this apparently dirty (for me, because it causes pain) pleasure, while minimizing the pain, making adjustments as I get more information, in order to maximize my overall pleasure?

What the heck is philosophy for if not practical solutions to real life?