

# Is gratitude a katastematic or kinetic pleasure?

**Post by “Cassius” of October 25, 2023 at 12:42 PM**

I am on my phone and have to be brief in this post but aside from my views on the K/ K issue as a whole, it is my understanding that any pleasure which involves starting and stopping (summoning up a memory, or thinking of gratitude or anything else at a particular moment) is considered kinetic because it involves change. This is one of the difficulties of the k/k distinction.