

Is gratitude a katastematic or kinetic pleasure?

Post by “Godfrey” of October 25, 2023 at 4:22 PM

We have two methods of working toward a pleasant life which can be found in the extant texts of Epicurus: 1) working with the categories of desires and 2) working with intensity, location and duration of individual pleasures. Considering the lack of clarity of k/k pleasures, both of these methods seem, to me, to be more directly useful than trying to sort out the k/k debate (although [Don](#) may not agree with that, and I respect his thinking on the matter!).

Each of these two methods is geared toward helping us feel the most pleasure with the least effort.

When using intensity, location and duration to consider individual pleasures there is no hierarchy among these three that I'm aware of. We use our own evaluations, for our own particular situation.