

# Is gratitude a katastematic or kinetic pleasure?

Post by "Cassius" of November 2, 2023 at 11:42 AM

## [Quote from Don](#)

My perspective is that Epicurus, to the extent that he may be doing it, "prioritizes" katastematic pleasure because of the confidence that we can have it accessing it. It's not dependent on energeia.

But in Epicurus' own example at the end of his life, it's the kinetic pleasure of the memory of his associations to which he refers as overriding the pain, correct?