

# Is All "Ataraxia" Equal?

Post by "Don" of November 19, 2023 at 9:58 AM

## [Quote from Cassius](#)

Now we need to go back and integrate whether all pleasures are identical, or some are to be chosen over others, and how. Does the choice between pleasures hang only on whether a pleasure might bring some disturbance, or can one pleasure be so much more pleasing than another that it is worth choosing, even if choosing that greater pleasure brings some degree of disturbance?

Here's my quick take:

- Pleasure feels good. That's what makes it pleasure and not pain.
- Choiceworthiness is determined by consequences, both to oneself and how one is perceived by one's community and friends.
- "Does the choice between pleasures hang only on whether a pleasure might bring some disturbance." Yes.
- "Can one pleasure be so much more pleasing than another that it is worth choosing?" That's just another way of asking "What are the consequences of this pleasure vs that pleasure?"
- I continue to soapbox that we can have more confidence in accessing some pleasures than others (the infamous katastematic vs "kinetic" discussion).