

# Is All "Ataraxia" Equal?

Post by "Pacatus" of November 19, 2023 at 1:23 PM

## [Quote from Don](#)

Does the choice between pleasures hang only on whether a pleasure might bring some disturbance." Yes.

I am hungry. In the moment, I can choose to assuage that particular hunger with either a piece of grilled fish or a slice of roast chicken (examples chosen randomly). If neither choice is likely to cause me any real pain, and it seems to me that either will assuage my current pain just as well, and if tasting food is a pleasure (as well as eating to assuage hunger) then on what possible basis - other than one seeming more pleasant to me in the moment - would I make a choice?

In such a case, I think that fish-or-chicken choice represents the variety of pleasures. But that's not something that I just shrug over and say "Meh. Either one." I choose based on which taste I prefer (would enjoy the most) at that moment. To talk about "disturbance" in this case seems to me a bit complicated and clunky, and my initial response would be "Huh?".