

# Is All "Ataraxia" Equal?

**Post by "Don" of November 19, 2023 at 1:32 PM**

Excellent practical application of the question, [Pacatus](#) !

My initial reaction to your post/question is "Not all choices are created equal." That may be a bit flippant, so I apologize if it comes off that way... but it's not far from what I want to get across.

You're going to have a feeling after making every choice you make. There's no getting around that. You're alive. You're feeling every tiny millisecond of your existence. Those feelings are going to be either pleasurable or painful (positive or negative). Plus there are innumerable other choices that led to your chicken/fish choice. Did you have chicken recently? Did you see something about a fish dish on TV just now that makes you slightly prefer that choice? Is it harder to heat up the chicken than the fish? ALL that goes into the choice.

If you choose the chicken, and, oops, it's gone bad... OH! I should have had the fish! You eat the chicken and "I'm still hungry. That wasn't as much as I thought it was." OR even "Wow, That was really good heated up! That exceeded my expectations."

Or the pain/pleasure feeling may be so miniscule you don't even think about it. You eat, and get on with your day.