

# Is All "Ataraxia" Equal?

Post by "Don" of November 19, 2023 at 10:28 PM

## [Quote from Cassius](#)

But within "pleasurable" and "painful" are there not obviously degrees or pleasurable or painful? And are we not going to choose those pleasures which we find to be more pleasurable than others?

In thinking about this, if we're making a choice about something we've never done before, there is no way for us to know which choice we would find more pleasurable. We can predict which choice we \*think\* would bring us more pleasure, but what are we basing this on. Previous experience - both our own personal experience and that knowledge that we've gleaned from seeing or reading about others' experiences - is really the only criteria we can use.

I'm not sure what this implies, but I find it interesting when we (we all) say things like "We make choices that will bring us more pleasure." It seems we should probably say "We make choices that we believe will bring us more pleasure in the long run or the short term."