

Discussion of the thread - Against Katastematic Supremacy - Pleasure Is A Unified Whole And Not A House Divided - Forum Editorial Policy

Post by “Pacatus” of July 17, 2026 at 9:16 AM

[Quote from Cassius](#)

embracing pleasures of both types - pleasures of action or pleasures of state or whatever those words mean - and choosing among those pleasures by applying a common sense analysis of whether they will bring us more pleasure or more pain.

This seems to me to be a balanced and common-sense approach.

I didn't read the policy thread as forbidding any and all discussion of kinetic/katastematic pleasure (or aponia/atarxia). They've been battled around on here since I've been here - often helpfully.

But it seems as if the various arguments (using that word in a technical, not a pejorative sense) about trying to parse strict distinctions are unlikely to ever be settled to any general satisfaction.

But pleasure (broadly construed) as the guiding foundation - as opposed to, say, only *ataraxia* for the Pyrrhonians - and a common sense estimation of pleasure/pain outcomes, is settled (for Epicureans). And feelings of satisfaction or contentment are just also pleasures (and, perhaps contra Aronsen, as you've quoted her, I think the Cyrenaics would have seen them as “kinetic” as well).

As for duration: Is taking the time to enjoy the pleasure of tasting good food (instead of scarfing it down) necessarily of less duration than moments of satisfaction in between bites? Or perhaps a few moments of contentment after a meal - before delving into that novel you've been reading? And then perhaps taking a bit of time to rest your eyes between chapters? I suspect it's all rather fluid - and that attempts to decide some relative “superiority” are generally misguided (e.g., the Cyrenaics on the one hand, and the Pyrrhonians on the other - Epicurus seems more balanced).