

# Another Article Insisting On The Importance of the Kinetic / Katestematic Distinction, Despite Citing Nikolsky

Post by “Kalosyni” of July 7, 2022 at 11:40 AM

This article is a bit beyond me (without starting at the beginning and reading it all the way through, which I don't want to do).

Here is a definition from Wikipedia: "In [Epicurean](#) philosophy, **katastematic pleasure** is pleasure felt when being in a state of freedom from need or want, as opposed to kinetic pleasure, which is felt while performing a gratifying activity. [1][2] Absence of pain, [aponia](#), and lack of disturbance of mind, [ataraxia](#), are two of the katastematic pleasures and often seen as the focal ones to [Epicurus](#)."

Sometimes engaging in a kinetic pleasure results in katastematic pleasure -- for example: eating healthy food in just the right quantity, and the enjoyable activity (kinetic pleasure) only lasts maybe ten minutes while you are eating, but the katastematic pleasure lasts maybe 3 or so hours. Then maybe you get hungry again and would eat a small healthy snack to hold you over till your next meal.

I think it would be safe to say that all kinetic pleasures are good, but we may choose not to do them if they result in much worse pains, if they create undue anxiety or physical pain. PD 8 -

"No pleasure is bad in itself; but the means of paying for some pleasures bring with them disturbances many times greater than the pleasures themselves".

This all makes more sense if we think about the differences in people and preferences. An introvert will be more sensitive to internal bodily feelings and likely will put much more emphasis on feeling katastematic pleasure -- even being much more likely to sense the presence of katastematic pleasure compared to an extrovert. An extrovert is busy moving and doing things and processes bodily sensations differently than an introvert (and so may need to put more effort into practicing PD 8 making sure not to over-indulge in pleasures that produce bad pains or bad results in the future).