

# Is gratitude a katastematic or kinetic pleasure?

Post by “Don” of October 25, 2023 at 2:29 PM

For the record, I have no doubt that Epicurus and all the classical Epicureans made this distinction. Primarily from DL 10.136:

The words of Epicurus in his work *On Choice* are : "Peace of mind and freedom from pain are pleasures which imply a state of rest ; joy and delight are seen to consist in motion and activity."

plus other references in Metrodorus and other texts.

That said, off the top of my head, I agree with [Cassius](#) that feelings of gratitude would be a kinetic pleasure.