

Is gratitude a katastematic or kinetic pleasure?

Post by “Don” of November 1, 2023 at 7:11 AM

[Quote from Cassius](#)

1 - Do both of these concepts (1) and (2) deserve to be included under the label of "pleasure?"

While I'd say "yes" to [Cassius](#) 's question posed here, I refer the reader to my pedantic post no. 48 above.

[Quote from Cassius](#)

2 - Are (1) and (2) the the *only* type of pleasures, or are there (3) other activities / actions / conditions that also fall within pleasure which are not related to desires being acted toward or fulfilled?

It seems to me that there are only two types of pleasure, but I'd again characterize them as "action" and "rest" (with obvious more explanation needed to flesh out those two words). I may also use "change" and "stability" (NOT "static") but also something like unreliable pleasures vs. those pleasures one can be confident in having. Pleasures that depend on *energeia* are subject to being able to perform the actions necessary to experience them, while the other kind are available without putting forth the effort of activity. *That's* the importance of a word like *aponia*. It's not painlessness (as far as I can see), it's effortlessness, from *ἄπονος* (*áponos*, “without toil or trouble, effortless, painless”).