

# Is gratitude a katastematic or kinetic pleasure?

Post by “Don” of November 2, 2023 at 10:43 AM

[burninglights](#) is onto something again and I think I like where he's going! 👍

My perspective is that Epicurus, to the extent that he may be doing it, "prioritizes" katastematic pleasure because of the confidence that we can have it accessing it. It's not dependent on *energeia*.