

Is gratitude a katastematic or kinetic pleasure?

Post by “Godfrey” of November 2, 2023 at 4:06 PM

Interesting discussion!

[Quote from Cassius](#)

I keep putting "temporarily" in brackets only because we all know that we'll get hungry and thirsty and want more pleasures every couple of hours so long as we continue to live. That observation doesn't matter to Epicurus, because he identifies *both* the state of acting to fulfill those desires, and the state of fulfillment, as pleasure, so the general condition of life is pleasure.

Using this example it seems to me that you could consider kinetic pleasure to be eating as well as relieving hunger and the temporary state of not being hungry. Katastematic pleasure would be the secure knowledge that you don't have to worry about where your next meal is coming from.

Referring to a prior point by [burninglights](#) , with this reading of k/k, katastematic pleasure doesn't necessarily arise from kinetic pleasures, particularly those of eating. It may involve pain and struggle to arrive at a point where you have the confidence that you don't have to worry about going hungry: activities such as planting crops, harvesting &c.

The actions that you might take to reduce this pain and struggle might include such things as cultivating a social order to provide a division of labor and a state of security. These two things would potentially provide additional pleasures such as friendship.