

# Tips On Offsetting Pleasures Against Pains

**Post by “Don” of November 28, 2023 at 9:48 AM**

Katastematic and "kinetic" pleasures are complementary. From my perspective, Epicurus was able to "offset" his physical pain with the "kinetic" pleasure of memories precisely because he had cultivated his katastematic pleasure of a mind free from anxiety and trouble. If he had been worried about what happens after he dies, would the gods punish him for some transgression, would he become a shade in the underworld... He wouldn't have been able to find joy in memories of past times with friends. Likewise, he didn't - by definition almost - have aponia in his last days. His body was not free from pain or working effortlessly and without struggle or suffering (which I think is a better way to think of aponia rather than just "freedom from pain"), but he could still have ataraxia. Ataraxia and aponia do not arise together. You can have one without the other.