

Welcome Max Duboff

Post by “Max DuBoff” of July 7, 2026 at 3:58 PM

[Quote from Max DuBoff](#)

No, I want to nuance my previous point: choose against pain if it'll interfere with enjoying katastematic pleasure. It's totally fine to accept some pain if it promotes katastematic pleasure. That's why we should run some risks for the sake of friendship (VS 28). And if there's a pain that won't interfere with enjoying katastematic pleasure (because anticipation/recollection allows us to manage it, and it doesn't prevent the fulfillment of our needs), it's fine to accept that pain. That's why junk food (which doesn't satisfy hunger) is a problem even if it's very pleasurable, but overeating a bit of something nutritious could be ok.

But in general, yes: don't take on risky kinetic pleasures, which might foreseeably prevent enjoying katastematic pleasure.

I've been uneasy with this claim for a few years now. It seems to create a problem for lots of everyday activities, such as driving for a vacation (vacation is unnecessary fun, and driving is risky because accidents are common). I realize my interpretation is radical here. But I can't understand what else KD 3, 18, and 20-21 and Men. 128 and 131 might mean.