

FollowUp On Quote Submitted By Pacatus - "It is not a sign of good health to be well adjusted to a sick society."

Post by "Godfrey" of July 18, 2026 at 3:27 PM

[Quote from Patrikios](#)

Is it wrong to pursue both kinetic and katastemic pleasures, especially the katastemic pleasures one feels when deeply studying and grasping some deep Epicurean concept?

[PD09](#) *If every pleasure were condensed and were present at the same time and in the whole of one's nature or its primary parts, then the pleasures would never differ from one another.* Saint-Andre translation

Another chance to get on my intensity/duration/location (ILD) soapbox 🤔

If you look at katastematic and kinetic pleasures in this framework then, at least to me, k vs k becomes simply a matter of duration. This, then, is one of three variables to consider when evaluating which pleasures or desires **you** might want to pursue.

Studying, for instance, may provide a long-lasting feeling of pleasure if the material resonates with you... or not. Eating a rich dark chocolate cupcake might provide a brief, intense pleasure for you. You decide what's important for you. Studying might result in a deep feeling of gratification, the cupcake might trigger a feeling of guilt... or not.