

Maslow's hierarchy of needs

Post by “Kalosyni” of August 25, 2022 at 9:42 AM

The above pyramid is incorrect and has incorrect names for the levels -- there are only 5 categories -- physiological, safety, belonging, self-esteem, and self-actualization. So it seems there are many variations that have cropped up over time -- and also funny memes:



Source: <https://www.bbc.com/news/magazine-23902918>

(This is both a good article and an easy quick read).

I would say that if we take the five categories we can compare them to "natural goods" and also to "natural and necessary" for happiness, so I see it as compatible to Epicureanism.

For an Epicurean, self-esteem would be about self-confidence that one can make good choices in life and that one is responsible and competent in life, and also skills of understanding pain and pleasure and how to deal with them in one's own life -- so skills of one's inner life.

As for self-actualization -- this would be doing activities which lead to a feeling of living a fulfilled, enjoyable, and happy life -- so developing skills within certain activities.

[Quote from Matteng](#)

But for example for self-improvement, learning new languages could be a desire without a limit, so -> unnecessary, but natural to have such desires ?

Or is this a complete wrong take ? Because there are the virtues.

In what category is the desire to become more virtuous ?

Or do I make here a category error ? For all desire's we need virtue. And here lurks the mistake to confuse the goal (pleasure) with the means (virtue).

Virtue is the greatest -> means <- for a happy life 😊

Desires without limit: this is when you desire to do something not for the joy of doing it but rather to achieve an abstract ideal of approval or perfection -- these goals can't ever be reached.

Instead of seeking abstract approval we need to find true friendship, and enjoy the pleasures of friendship.

If we first understand that virtue brings with it the idea of striving for perfection, then we can set aside the idea that virtue is better than pleasure -- striving for perfection won't bring a happy life. If a person thinks they have reached perfection in a certain area, then they will next have to seek out some other area of life to strive toward perfection -- so it is a desire without limit, and brings dissatisfaction.

If instead we seek for fulfillment in natural areas of life -- belonging, friendship, and enjoyment of fulfilling activities.

If we realize that we need to do work to establish or maintain future security, we don't need virtue (harsh discipline) to spur us on -- rather we think about what will bring a good life in the

future and even if there is some pain in the present we will pursue what we need to do.

As for the other meaning of the word virtue such as kindness, patience, wisdom, etc, -- we see these as necessary for good friendship or a good life -- so virtue of this kind works toward the service of pleasure.