

Epicurus' Hierarchy of Needs

Post by “Rolf” of June 3, 2025 at 10:05 AM

[Quote from Kalosyni](#)

Okay, regarding my "mistaken" idea in post 22 above (of only two categories)...now revising back to three, lol:

- natural/necessary = necessary for life and for well-being
- natural/unnecessary = difficult or impossible to attain, and beyond ones means or recklessly depleting ones needed resources in order to attain
- empty = greed for status/wealth/power/control/perfection/non-stop sensory variations

I don't know if I agree that natural/unnecessary desires are “difficult or impossible to attain”, or that they should be viewed negatively at all. From what I understand, this category simply refers to things that are pleasurable but not strictly necessary for happiness.

A can of soup and some bread will fulfil my hunger, but I won't deny myself the pleasure of a steak dinner if the opportunity arises and it doesn't cause an excess of pain.

It is painful to not have any food at all, but I am not (or should not) be caused any pain by eating soup and bread rather than a steak dinner. The way understand it: Necessary desires cause pain in their absence, unnecessary desires do not (or should not).