

# Epicurus' Hierarchy of Needs

Post by “Kalosyni” of June 3, 2025 at 10:18 AM

## [Quote from Rolf](#)

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.

"pleasurable but not strictly necessary for happiness"... maybe the word "optional"?

And yet I see it differently, as "unnecessary for survival" - **and you only label something as natural/unnecessary when it is difficult/impossible to get or depleting/reckless to ones resources.**

Something that causes pain would go into the "empty" category (as in empty of pleasure).