

Epicurus' Hierarchy of Needs

Post by "Rolf" of June 3, 2025 at 10:55 AM

[Quote from Kalosyni](#)

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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).

I would label something natural but unnecessary if it is a natural desire (ie. Not arising from false beliefs or fears) but not strictly necessary for my happiness.

Movies are clearly not necessary for happiness or survival - countless people have been happy and healthy without them. And yet watching movies is not an inherently harmful or empty desire. In which case, what are movies other than natural but unnecessary desires?

Perhaps I'm misunderstanding you Kalosyni, and please correct me if I am, but it seems that your definition leads to an ascetic view of Epicureanism in which we should only pursue what is strictly necessary.