

Epicurus' Hierarchy of Needs

Post by “Rolf” of June 3, 2025 at 11:28 AM

[Quote from Kalosyni](#)

Lol, I was thinking the other way around...lol, that you Rolf were coming from an ascetic view (due to your comment about ice-cream).

Not at all! I'm the furthest thing from ascetic and I don't believe that Epicurus was one either. Ice cream is great and can certainly make life richer and more pleasurable. That said, I think we can both agree that ice cream is not *necessary* for a pleasant life.

All I'm talking about here is the classification of desires as laid out. My disagreement stems from your statement that we “only label something as natural/unnecessary when it is difficult/impossible to get or depleting/reckless to one's resources.” I don't think that something being unnecessary to happiness implies that it is always difficult or reckless to attain, and I don't think that Epicurus meant it in this way either.

[Quote from Kalosyni](#)

I think that I talked about movies in another thread (but have forgotten exactly what I said, and forgotten what thread that was in). But this is a good time to talk about it again...because I would question whether or not harm might come about to an individual if they were to watch a lot of movies about people who desire and chase after great wealth, status, power, control, perfect beauty, perfect safety, or non-stop sensory variations...but it will depend on the person and the circumstances...so no absolute rules.

Haha, I was hesitant to use movies as an example but couldn't come up with anything better in the moment - I remember that you're not a fan. The word “movies” could be replaced here by practically any pleasure that is neither inherently harmful nor necessary for happiness.