

# What Is An Example of a Natural But Not Necessary Desire?

**Post by “Godfrey” of March 14, 2021 at 12:43 AM**

First, I think that it's important to be clear that the natural/unnatural, necessary/unnecessary distinctions refer to *desires*, not pleasures. All pleasures are good, but some lead to more pain than pleasure.

With that in mind, I see natural desires as those that will bring me a balance of pleasure when I successfully pursue them. Unnatural desires are those that bring me more overall pain than pleasure.

Dialing in tighter to necessary and unnecessary desires, all desires that I consider unnatural for me I also think of as unnecessary. I only occasionally consider whether a natural desire is also necessary although I typically find it quite useful when I do. This consideration can take into account my personal interests as well as finances, health and energy, time commitment, family situation and how it impacts other desires of mine.

Notably, all these considerations can change over time due to life stages or changing short term circumstances.