

# How to Live in Times of Upheaval: The Categories of Desire

**Post by “Martin” of August 7, 2024 at 3:52 AM**

The three categories are useful to understand Epicurus' philosophy and for prioritizing among those desires for which it is obvious into which category they fall. For natural but not necessary desires and for desires for which the category is not obvious, e.g. because of individual preferences or circumstances, it is more useful to answer the question whether the expected pleasure is worth the expected pain from fulfilling the desire.