

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

**Post by “Kalosyni” of August 8, 2024 at 11:36 AM**

I made this chart as I was contemplating the various categories of desires. I came up with a few new labels, but these labels may or may not work for others. Everyone might want to consider if these labels or other labels help with cognition and clarity.

# Drives

(Desires)

<b>Instinctual</b> (coming from nature)	<b>Wealth, Power, Fame</b> (coming from inculcated societal ideas)
<p data-bbox="272 800 669 856"><b>Essential (necessary)</b></p> <p data-bbox="245 884 773 1136">- Survival - Health - Happiness - Cause pain when unfulfilled, but do not require wealth, power, or fame to acquire.</p> <p data-bbox="259 1213 737 1270"><b>Superfluous (unnecessary)</b></p> <p data-bbox="272 1291 729 1528">Cause pain or are difficult to acquire, while at the same time do not cause pain when unfulfilled.</p>	<p data-bbox="857 800 1328 856"><b>Untenable (unnecessary)</b></p> <p data-bbox="857 890 1312 1127">Cause pain or are difficult to achieve, while at the same time do not cause pain when unfulfilled.</p>

- See PDs 15, 21, 26, 29, and 30 and Letter to Menoecus -

Any thoughts or further ideas?

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\* Updated chart Aug. 9th 1:22 pm ET

\*\* Second update Aug.10th 10:52 am ET