

# What Is The Relationship Between "Hedonic Calculus" Analysis" and "Natural and Necessary Desire" Analysis?

Post by "Kalosyni" of January 22, 2026 at 2:22 PM

## [Quote from Godfrey](#)

I would begin with natural or unnatural, and eliminate the unnatural desires. Then I would reason out whether the resultant pleasures are likely to outweigh any pains involved. This goes along with my thinking that the natural and unnecessary desires are the sweet spot of day to day choices and avoidances. I examine these in terms of both the desires and the potential pleasures/pains, in no particular order.

I'm not sure if the labels of "natural, necessary, unnecessary, unnatural" are workable for me. I like to use more words to explore things, and here is an example:

Step 1: I notice that I feel desire for something specific: \_\_\_\_\_(xyz).

Step 2: If I get that \_\_\_\_\_ (xyz), will the result will be one of the following?

- a) relief from pain (food relieves the pain of hunger, and rest relieves the pain of exertion/work, aspirin relieves the pain of a headache).
- b) protection of long-term well-being of the body (warm clothing for winter, warm housing, exercise, healthful foods)".
- c) sufficiency/means for acquiring and maintaining basic needs.
- d) necessities that provide "good spirits" (such as friends, or other social activities such as playing an instrument or dancing, etc.) ...and enjoyment of mental experiences (learning, teaching, memory).
- e) anything else that is an enjoyment of bodily sensations and which are free from painful outcomes.

Step 3: Is the thing I desire something that has "limits" or is it an "unlimited desire" (something that can't be fulfilled)? And does it have painful/stressful consequences?

-- the desires for great wealth, fame, or power are "unlimited" (and are difficult to acquire and come with stressful consequences)

- the desire for high-fashion clothing or the perfect high-end house is "unlimited" (and these are difficult to acquire without great wealth)
- the desire for a life filled with perfect endless romance is an "unlimited" desire (and is difficult to acquire and comes with stressful consequences)
- the desire for eating tasty highly palatable foods all the time is an "unlimited" desire (difficult to fulfill and comes with painful consequences)