

## Are You a Hedonist?

Fill in the gaps with the words given in the boxes:

frivolous   lap of luxury   strapped   insatiable  
emulate   lavish   take precedence   intrinsic

under wraps   opulence   in high regard   pursuing  
riveting   prevalent   caution to the wind   advocate



In a society plagued by substance abuse, \_\_\_\_\_ spending habits and people who are \_\_\_\_\_ for time and money, it is no wonder that hedonistic philosophy has become so popular. After all,

who wouldn't want to live in the \_\_\_\_\_ enjoying life to the fullest? But as appealing as this may sound, I cannot buy into this hedonistic philosophy.

Don't get me wrong! Far be it from me to deny that happiness and pleasure are important aspects of a fulfilling life, but I truly believe that \_\_\_\_\_ satisfaction comes not from the pursuit of one's own pleasure, but from the gratification you get from doing something for someone else. Unfortunately, hedonism seems to diminish the importance of genuine human connections. Seeking individual pleasure often \_\_\_\_\_ over fostering deep and meaningful relationships.

Another aspect that surprises me about hedonism is the \_\_\_\_\_ hunger for material possessions. Consumerism has reached alarming levels, with individuals constantly desiring the newest gadgets, fashion trends, and luxury items. Hedonistic lifestyles are further perpetuated by the rise of social media. Platforms like Instagram and TikTok allow people to showcase their \_\_\_\_\_ experiences, often leading others to feel inadequate or unsatisfied with their own lives. It sends a signal that such a lifestyle is not only attainable but also desirable. As a result, people are influenced to \_\_\_\_\_ these hedonistic behaviours, further fuelling the abundance of such lifestyles in our society.



The ultimate goal in life is to get pleasure and avoid pain. That's what I believe and why I \_\_\_\_\_ for hedonism.

Now, when you hear the word "hedonism," you might think of wild parties with extravagant decorations, gourmet cuisine, and high-end beverages. But that's not what I'm talking about here. I'm not saying we should all strive for constant thrills and \_\_\_\_\_. Instead, I'm suggesting that we should prioritize our own happiness and well-being above all else.

This idea isn't new. Ancient Greek philosophers like Epicurus and modern thinkers like John Stuart Mill have held this view \_\_\_\_\_. But it's still not as \_\_\_\_\_ in our society as it should be. So many people waste their lives doing things they hate, just because they feel like they have to or because they think it will lead to some future reward.

But what if there is no future reward? What if this is all we have? We need to make the most of it. That doesn't mean we should throw \_\_\_\_\_ and live recklessly. It means we should take control of our own lives and do what makes us happy. Of course, there are times when we have to do things we don't want to do. We all have responsibilities and obligations. But even then, we can find ways to make our lives more enjoyable. And we shouldn't let societal expectations or fear of judgment keep us from \_\_\_\_\_ our passions and finding true fulfilment.

So, let's stop pretending that we're happy when we're not. Let's stop keeping our dreams and desires \_\_\_\_\_. Let's start living for ourselves, not for others. This \_\_\_\_\_ approach to life can lead to a more satisfying and meaningful existence.