

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.