

Self-Indulgence

1. To indulge smth
2. To indulge/to gratify one's desires/impulses
3. Sensual pleasure
4. Fling
5. To strive for smth
6. To long for/to yearn/to crave for smth
7. To abstain from smth
8. To submit/to yield to/to give in to smth
9. Temptation
10. Abstinence/sobriety
11. Pursuit of happiness
12. To amass material possessions

Answer the following questions:

1. How can you explain the term self-indulgence? Do you think it's bad?
2. Can you call yourself a hedonist?
3. What things do you find extremely pleasant?
4. What are the things you are longing for?
5. What makes you happy/sad?
6. Can one buy happiness?
7. Do you have any particular small addictions? What are they? Do you try to resist them?
8. What makes people addicted to certain things?
9. Do you know what Black Friday is? Why do you think people get so crazy about sales?

10. Do you sometimes feel that you need to “spoil” yourself a bit? What do you do to “spoil” yourself?
11. How much money can you spend on your whims? What are your whims?
12. Can you call yourself a selfish person? Are you ready to give up your interests for the sake of other people?

Comment on the following statements:

“Anything that feels good couldn't possibly be bad.”

— [Angelina Jolie](#)

“The self-indulgent man craves for all pleasant things... and is led by his appetite to choose these at the cost of everything else.”

— [Aristotle, *The Nicomachean Ethics*](#)

“The only way to get rid of temptation is to yield to it.”

— [Oscar Wilde, *The Picture of Dorian Gray*](#)

“I can resist anything except temptation.”

— [Oscar Wilde, *Lady Windermere's Fan*](#)

“Did perpetual happiness in the Garden of Eden maybe get so boring that eating the apple was justified?”

— [Chuck Palahniuk, *Survivor*](#)

“There is a charm about the forbidden that makes it unspeakably desirable.”

— [Mark Twain](#)