

**DESIRE**

**QUESTIONS**

- Is desire different from need?
- Can desire be suppressed by will power?
- Does the cycle of desire-fulfillment-pleasure-emptiness-desire repeat itself?
- Is there an anticipation of pleasure in desire?
- Are some of our desires hidden from our awareness?
- Behind every desire is there a sense of emptiness?
- Does desire make us do things we may regret later?

**WHAT DO WE WANT?**

- Things we can buy- clothes, cars, toys etc.
- Experiences- holidays
- More money
- Recognition
- To be loved
- For constant pleasure
- A fulfilling job
- Spiritual attainment
- Approval
- Psychological and financial security

**WHAT HAPPENS WHEN A DESIRE IS FULFILLED?**

- Initial happiness, elation, joy
- A wanting to repeat the desire or chase a new one
- Followed by a sense of emptiness

**WHAT HAPPENS WHEN WE DO NOT GET WHAT WE WANT?**

- We feel hurt/sad
- Sometimes the pain can feel severe
- We may give up
- Or chase a new desire
- Feel worthless
- Worry how others will judge us

**EFFECTS OF DESIRE**

- Because it is in the future, can make us insensitive to the present
- Repeated stimulation by pleasure can make us dull
- We can use people to fulfill our desires
- Makes us buy things we do not need
- Can damage the environment
- Can lead to perpetual discontent
- Can fill us with energy to chase a desire