

## Chapter 1: Desire: Addiction and Human Freedom - Ella Badham

May describes the empty longing we all feel inside: “whether we are consciously religious or not, this desire is our deepest longing and most precious treasure.”

1. How do you relate to this longing? Give an example. Is it something you feel on a daily basis or occasionally? Explain what are the triggers for this longing in you? In what ways have you tried to satiate this longing?

I think that this concept of longing is very beautiful, when May talks about the longing that we desire, it is described as a yearning in people's hearts, this yearning for God even if we are not consciously religious and we may look for this longing in other ways such as a longing for wholeness, completion, fulfillment, a longing for love and a hunger to be loved. I think that we all relate to this longing in one way or another without even sometimes realizing, for me I think I have a longing for happiness, it feels as though I am always yearning for the feeling and try to seek this sense of completion in my life, however I have learnt that we cannot search for happiness and completion, yet it is where we are right now. I think it is something that I feel fairly often, I think that the things that trigger this longing are when I feel as though I am in a dark place, I long and yearn for that sense of happiness and some of the ways I try to satiate this longing is through, exercising, spending time with people I love, praying.

2. List and describe two of your “small” addictions. Do you believe these to be actual addictions or simply habits? Explain. Explain how these habits have a negative impact on your life.

My first small addiction would be caffeine, I am not quite sure if this is actually an addiction or a habit but I think I have gotten into a habit of drinking caffeine in the mornings so I think that if I were to suddenly stop, I would perhaps feel quite fatigued and low energy. Some of the negative effects of this would be it can sometimes make my anxiety a bit worse.

My second small addiction is sugar, I have such a sweet tooth and I seem to find it hard to go a day without eating sugar, therefore I do see this as an addiction but probably a small one. This has a negative impact on my life as this can also affect my mood and makes me gain weight.

3. May describes the “strength of hope” that we all have inside us. (p. 18) How do you feel that you have this strength that he describes? Explain. When have you seen this hope manifest itself in your life? Explain.

I think that when May talks about the strength of hope, he mentions how God has given us this gift, even in our deepest and darkest addictions, we can still have hope which amplifies the strength that it has. I think that I have the strength of hope that May describes through my life, I think that when we are going through hard times we need to stay hopeful and pray, this is the way we can have the strength to get out of these dark

places. Some of the ways in which I manifest this in my life is when I have received some bad news, this hope that is gifted to us manifests in my life and I remain hopeful for the future rather than giving up.