

# *Delayed Gratification vs Instant Gratification*

## **Chapter 3**

At its essence, our struggle with delayed versus instant gratification boils down to our ability to resist impulses and make choices, particularly when faced with the trade-off between short-term satisfaction and long-term goals. This internal conflict influences various aspects of our lives, such as financial management, maintaining a healthy lifestyle through diet and exercise, prioritizing learning and education, and nurturing relationships. Understanding the comparison between delayed and instant gratification is crucial for personal development, especially in pursuing purpose. Delayed gratification epitomizes the discipline required to forego instant rewards for more substantial gains. Conversely, instant gratification represents the temptation of immediate pleasure without consideration for future consequences.

One crucial aspect to recognize is that some choices, whether mundane or life-changing, are shaped by the fundamental idea of delayed versus instant gratification. Choices rooted in delayed gratification usually align with our long-term goals and aspirations, fostering resilience, patience, and discipline over time. In opposition, decisions driven by instant gratification often provide immediate pleasure but frequently result in negative long-term consequences. This understanding is derived from the collective experiences of many individuals. Due to this, we have been taught to prioritize delayed gratification over instant gratification. Why? Essentially, the decision between delayed and instant gratification significantly impacts our pursuit of purpose in life. Developing the ability to postpone immediate rewards is crucial for making choices that align with our life's purpose, ultimately leading to a more fulfilling and meaningful existence. However, it's worth challenging this perspective. There are instances where instant

gratification may be more advantageous than delayed gratification. The challenge lies in discerning when this is true and when it isn't.

In our pursuit of finding purpose, we often overlook the aspect between delayed and instant gratification when making choices. Recognizing the potential consequences of embracing either concept at the wrong moment is crucial. Initially, it may seem logical to prioritize delayed gratification over instant gratification, given the potential long-term benefits. However, upon closer reflection, depending on the situation, opting for instant gratification may be necessary for either our well-being or that of others. This dilemma emphasizes the complexity of our life's journey. Should we exercise patience, believing that time can resolve most issues (delayed gratification), or should we seize immediate opportunities, taking risks (instant gratification)? Is one approach inherently superior to the other? Perhaps, or perhaps not.

Our society often teaches us to prioritize delayed gratification as the ultimate marker of discipline and success. However, it's essential to recognize that instant gratification holds value in certain contexts. While delaying rewards can foster long-term growth, seizing the moment for instant gratification can lead to equally meaningful experiences. Consider moments of freedom and connection. Opting for a spontaneous road trip with friends over meticulously planning a future vacation could create unforgettable memories and bonding experiences. Similarly, indulging in a delicious dessert after a stressful day can offer immediate comfort and stress relief. Instant gratification could also fuel creativity and innovation. Purchasing a musical instrument on impulse may inspire newfound passions and talents, enriching life in the long run. At times, embracing spur-of-the-moment desires opens doors to unexpected opportunities for growth and self-discovery.

We must also acknowledge the potential downsides of delayed gratification, especially in a society prioritizing instant results. Waiting for rewards can cause frustration, impatience, and dissatisfaction. There's also a risk that delayed rewards may not be as satisfying as expected, leading to disappointment. An agonizing example is delaying leaving an unhealthy relationship or toxic work environment in hopes of eventual improvement or reward. Staying in such situations can lead to prolonged suffering, increased emotional pain, and damage to self-esteem. By postponing the decision to leave, individuals may endure ongoing stress and anxiety. Eventually, they may realize that hoping for change is futile, causing unnecessary pain.

On our journey to find our purpose, when we stand at the crossroads and contemplate the paths of delayed or instant gratification, it's not merely a matter of selecting between stark opposites. Instead, it's like gazing upon a mesmerizing canvas adorned with the myriad hues of a rainbow, each color representing a unique perspective or circumstance. As we navigate these complexities, the notion of a clear-cut decision dissipates into a complex pattern of possibilities. Indeed, to distill such a multifaceted dilemma into a single, unequivocal choice proves to be a daunting task. Thus, we find ourselves immersed in the vivid spectrum of life's uncertainties, where the boundaries between black and white blur, yielding to the vibrant array of colors that define our human experience.

### **Who's Journey: Rosemary or her Gift.**

#### **(Part 3 – The Best Big Brother)**

*It was a cool summer morning, and the sweet sound of grasshoppers lingered in the distance. A stillness was in the air, and a rosebud bloomed into a flower, bringing about a new experience. This morning, a young woman was at peace as she watched from the kitchen window of her dream home in the countryside. This home was full of happiness. She smiled as she*

*watched her husband play hide and seek with their three beautiful kids. Looking out the kitchen window, suddenly, a sharp pain came across her stomach. It was unbearable. She fell to her knees and began to weep; she knew this was her end. Wanting to see her family one last time before the pain turned to numbness, she pulled herself back to her feet, catching a final glimpse of her perfect picture of happiness.*

### *Rosemary's Dream.....*

Rosemary awakens from her sleep, eyes wide, struggling to see in the dark, gloomy room. She was confused, realizing she was not in her dream home but still in her grandmother's house. She discovered her bed sheets were soaking wet as if someone had poured a bucket of water over her body while she slept. Rosemary, nine months pregnant, fights to sit up in bed. She wipes the sweat from her head and smiles, thinking of the dream. Suddenly, the unbearable pain she felt in her dream became a reality. The pain was so intense that it forced her to let out a scream, waking up her brother, who slept right by her side, not because he wanted to, but only because he had to, due to the limited space in the home. Hearing the scream, Rosemary's brother, Rory, jumps straight out of the bed off his stomach and lands on the floor directly to his feet. Rory grabs Rosemary in his arms; he asks her if she is ok, and with a smirk, she says, yea, I am ok; I am just screaming for the hell of it. Rosemary lets out another scream, waking the entire house. Rory and Rosemary's grandmother enter the room and turn on the light; she notices the white bedspread near her granddaughter's private area has turned a light rose color. Rosemary's grandmother tells Rory to stop looking dumb and get Rosemary ready to go to the hospital because it is time for him to meet his nephew.

Rory finally gets the message and does what he always does for his little sister: care for her like a big brother should. Rory grabs all the items Rosemary prepared for this day, gets

Rosemary to the car, and heads to the hospital. On May 21, 1984, at 4:33 AM, Rory witnessed the birth of his first nephew, Johnny Martin, named after Rosemary and Rory's deceased grandfather. Rory gave Johnny the nickname J Mart at first sight.

So, who was Rosemary's brother Rory? He was brilliant, funny, and handsome. Growing up, Rory was the most popular kid out of all his siblings; he was the most athletic and always got what he wanted, no matter what, all due to his charm. Rory had great potential; he could have made it to college or beyond, but the downfall for Rory was that he had no positive role model. In a town they grew up in, in the 80s, they struggled to make it out of the barrel if they did not have a positive role model. Many who lived there referred to their being born and raised in the town as crabs being trapped in a barrel: everyone piled on top of each other, fighting to escape, but as some made it to the top of the barrel, they constantly got pulled back down by the others. Rory was a crab who always found himself at the top of the barrel. He was always close to escaping but would constantly get pulled back down.

Rory deeply loved his family, particularly his baby sister Rosemary, whom he affectionately called Rose. Despite the tragedy surrounding her birth, which became a pivotal moment in Rory's life due to the loss of their mother, he stepped up as the guardian for his three siblings. Their father's departure following their mother's death further solidified Rory's role as the family's protector. At just seventeen, Rory assumed the role of provider, navigating life's challenges in the projects. Struggling to make ends meet, Rory took on any job he could find, sacrificing his education for the sake of his family. Working tirelessly in the sugar cane fields, Rory climbed the ranks with determination, driven by his dream of a better life for his siblings.

The years went by, and before you knew it, J-Mart was three years of age. To celebrate, Rory used a month's salary on J-Mart's birthday to ensure his nephew had the best birthday party ever.

It was a huge event; the entire housing project showed up to celebrate. There was BBQ, loud music, cake, ice cream, and the one thing the state of Louisiana was well known for boiled crawfish.

At one point during the party, Rose told Rory to watch J-Mart while she went inside to check on a few things. Like most kids' parties in the projects, the party was more for the adults than the kids. Rory worked hard and played hard, so on this day, he was full of that juice, the nectar of the Gods: Seagram's Gin chased with Icehouse beer. Rory, his uncle, and some friends were playing dominoes. Just as in most cases, it started as a friendly game, but it eventually turned into a straight fistfight between Rory and his uncle.

This left everyone focused on breaking up the fight. No one was paying attention to any of the kids, especially the curious J-Mart. While they were fighting, J-Mart stripped down to his birthday suit—hell, it was his birthday, he could do what he wanted to, right—and he only wanted to do one thing: play with the live crawfish and practice being a free spirit. J-Mart walks over to the cow tub of live crawfish sitting unsupervised on the ground; before attempting to pick one up, he takes a quick peek to ensure no one is watching. Once he sees he is in the clear, he leans over the tub and tries to grab one of the crawfish. Unfortunately for J-Mart, he leans over a bit too far, not far enough to fall in the tub, but far enough to where Rose did not have to choose when she would get him circumcised anymore. This was not the first time J-Mart was hurt due to Rory and the uncle, who all lived in the grandmother's home, getting into an altercation. Rory was mad and hurt; he knew it was his fault and repeatedly apologized to Rose and J-Mart. It was after this day that he realized things had to change.

After this incident, Rory could no longer deal with the nonsense of being at his grandmother's home in the projects. On this day, he made a choice: he decided he could no

longer work in the sugar cane fields, making the little money he made. Rory needed to make a ton of money, and he needed to make it fast. With no high school education and living in the projects, there were limited options to make a ton of money fast, so Rory decided to make a quick come-up, the only way he knew how: hustling.

Unfortunately for Rory, when he chose this, he did not understand the concept of delayed gratification vs instant gratification. He started slowly selling dope on the corner. But this did not last long. Rory was witty, smooth, and clever. It did not take him long to make a name for himself, and eventually, he became a top drug dealer in his town.

Rory kept his promise in his newfound occupation: he cared for his Rose and J-Mart. Rory made it; he was no longer the poor kid from the projects; now, he was the dope king of the projects. This was great for Rory and his family, so he thought. He did not realize that instant gratification implemented the wrong way could place a person at the center of a negative situation. The success Rory obtained from instant gratification did not last long. A few months before J-Marts sixth birthday, Rory's freedom was snatched away. Rory's 3,500 square foot home became a 6 by 8 mansion in the state prison system.

Rory bet on instant gratification, and in the end, he lost. He would have earned a big reward if he had waited longer in the sugar cane fields. Not long after Rory left working in the fields, the company acquired four more plants across Louisiana, becoming the biggest sugar supplier in the U.S. The position Rory left was given to Rory's friend; the company turned the position into a Regional Manager of Operations, thus making the position a six-figure position.

*The End*



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