

Delayed Gratification

Posted by GrowStrong - 31 Jan 2017 14:24

Delayed gratification, or **deferred gratification**, is the ability to resist the temptation for an immediate reward and wait for a later reward. Generally, **delayed gratification** is associated with resisting a smaller but more immediate reward in order to receive a larger or more enduring reward later.

Would love to hear thoughts on this from addicts and non addicts alike.

Clearly there's a theme about Olam Haba here.

For me the concept here is a key part of training oneself to NOT look somewhere that the mind and eyes want to look (lo sosooro)

Anyways the words popped into my head just now and i googled it and its key concepts so I wanted to share with everyone.

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Re: Delayed Gratification

Posted by cordnoy - 31 Jan 2017 15:56

Il was very good at delayin' gratification....for hours on end; sometimes even days. Ultimately, it was heaven on this earth.

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Re: Delayed Gratification

Posted by GrowStrong - 31 Jan 2017 16:27

And hows about now, that you are doing it not as a form of acting out but as a discipline in life.

(which is the highest level!!!)

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Re: Delayed Gratification

Posted by Gevura Shebyesod - 31 Jan 2017 17:26

seriously, this is a very important aspect of self control, and one that we can all benefit from working on.

I was going to reply to this post immediately but I decided to wait a while...

Look up "marshmallow test" for a great video on the subject. I posted it once a long time ago, I'll try to find it and link it later. (Can you wait?)

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Re: Delayed Gratification

Posted by Markz - 31 Jan 2017 17:30

[Gevura Shebyesod wrote on 31 Jan 2017 17:26:](#)

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gye.vids.io/videos/e89bd1b91d1be5ce60/the-marshmallow-test

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