

PLEASURE PRINCIPLES

CHEAP PLEASURE | MONKEY BRAINS



Date

You struggle with self-sabotage. What cheap pleasures keep you trapped in that cycle? Cheap pleasures are also known as Monkey Brains, and they are any food, substance or behavior that net more pain or discomfort at the end of the equation than they bring relief.

Below, list the Monkey Brains that you suspect are keeping you stuck, and the impact of each on your mind, body, and quality of life. Be specific.

Please remember to SAVE YOUR WORK before you close this page.

