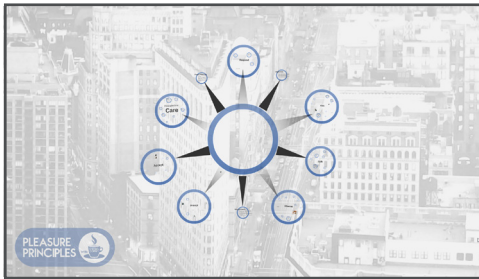



Pleasure

Principle One | Lesson One



The Principles Work Best For

- Pleasure-seekers
- Self-saboteurs
- Self-medicaters
- Numb-outers



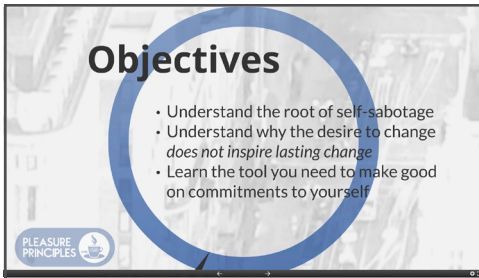




Pleasure

Principle One | Lesson One





Objectives

- Understand the root of self-sabotage
- Understand why the desire to change *does not inspire lasting change*
- Learn the tool you need to make good on commitments to yourself



The problem of 'MORE'



Pleasure

Principle One | Lesson One



Cheap Pleasure

- Fast-acting
- Feel / taste good / distract
- Bring more pain / discomfort than pleasure / relief
- Monkey Brains (MBs) = foods, substances & behaviors you don't relate to in a healthy way

PLEASURE PRINCIPLES 

