

# WELL BEING VS. FALSE PLEASURES

MAKE A LIST OF EXPERIENCES THAT GIVE YOU FALSE, INTENSIFIED, TEMPORARY PLEASURE (I.E. OVERDRINKING, DRUGS, DRAMA, SMOKING, PORNOGRAPHY, TELEVISION, VIDEO GAMES).

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MAKE A LIKE OF EXPERIENCES THAT GIVE YOU NATURAL, TEMPORARY PLEASURE (I.E. TAKING A WALK, READING, HOT TUB/BATHING, MASSAGE).

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MAKE A LIST OF “EARNED PLEASURES” THAT MAY PERPETUATE LONG TERM WELL BEING (I.E. GETTING COACHED, LEARNING NEW SKILLS, ACCOMPLISHMENTS, RELATIONSHIPS).

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WHAT DO YOU NOTICE WHEN YOU LOOK AT THESE LISTS?

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ARE THERE ANY CHANGES YOU WOULD LIKE TO MAKE IN YOUR BEHAVIORS?

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