

Know Your Monkey Brain



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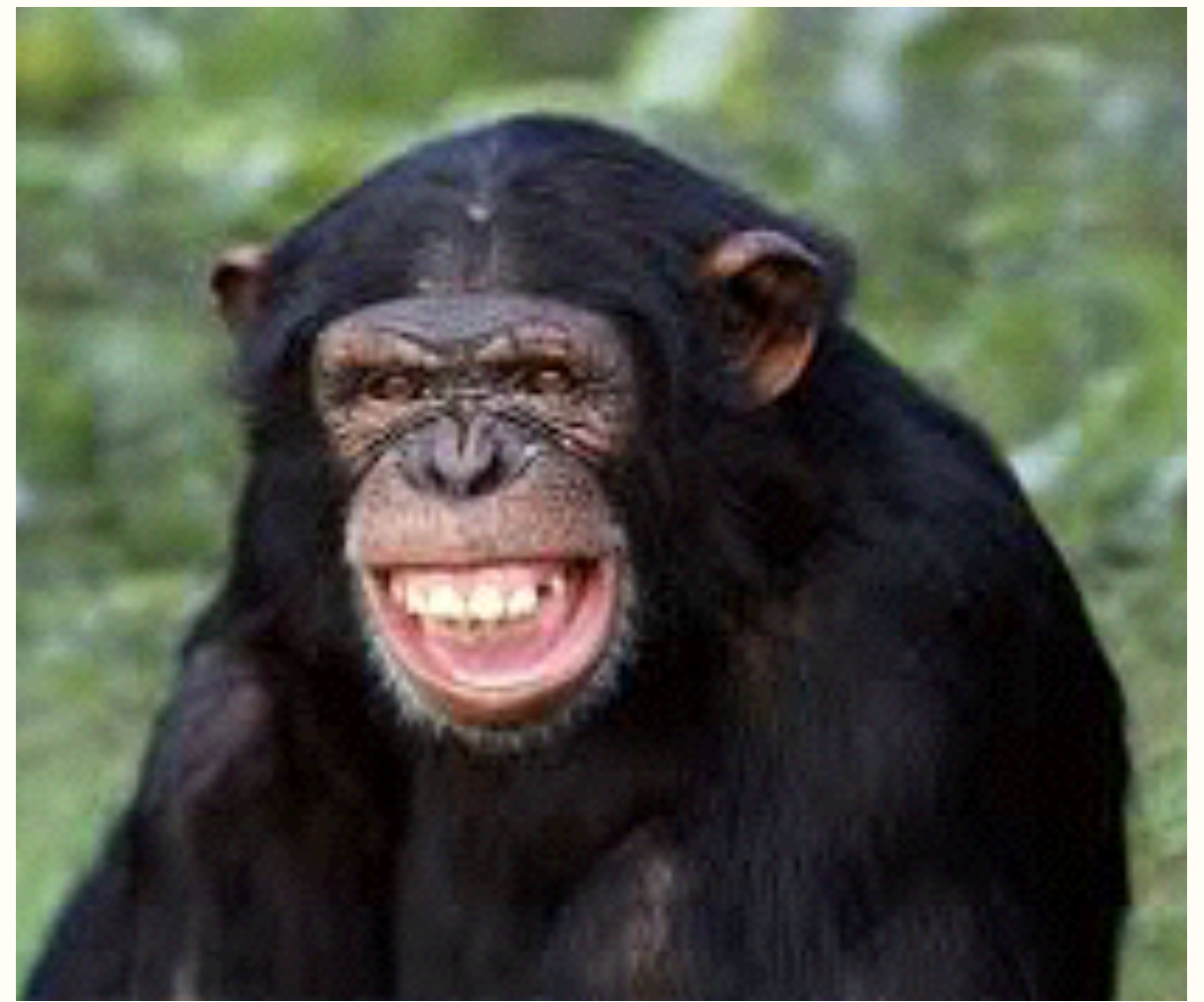
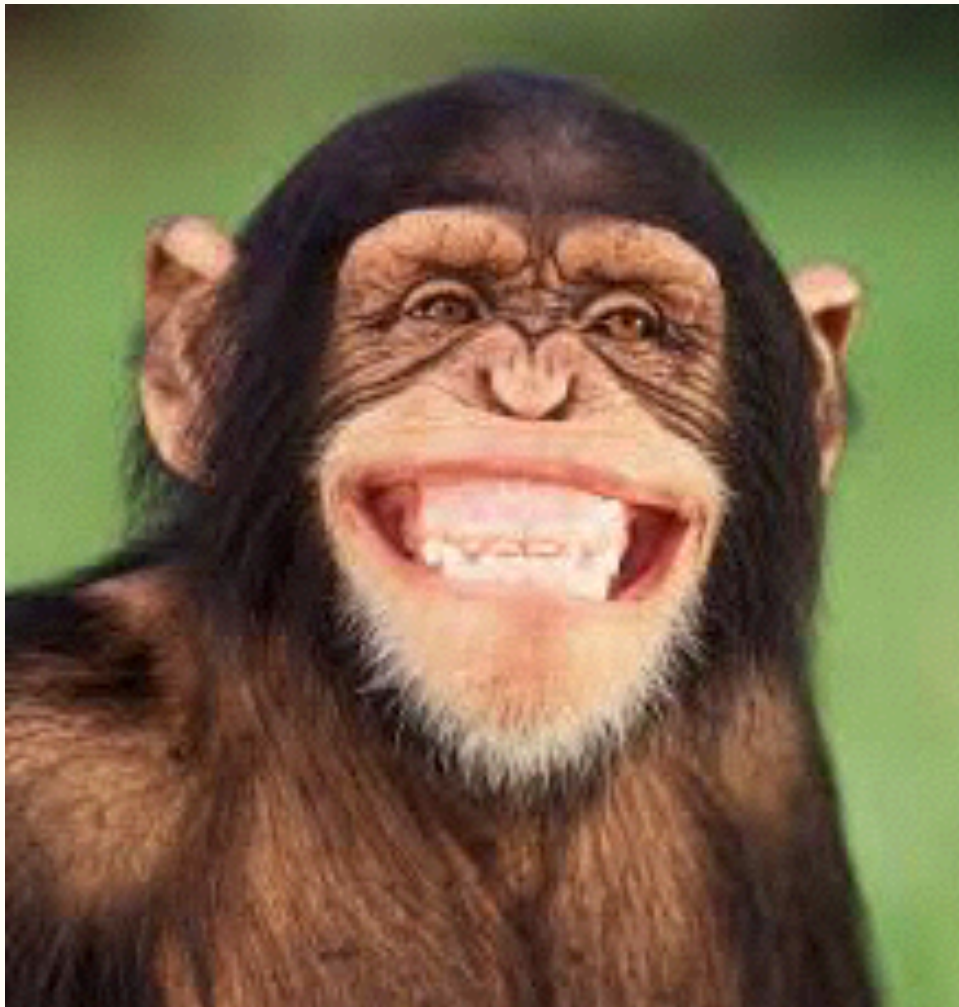
**Your brain is always deciding
what is good for you &
what is bad.**



**Your brain has two parts:
one part is like a computer &
the other is like the brain of a monkey.**



**Your monkey brain
get excited when something feels
good or bad.**



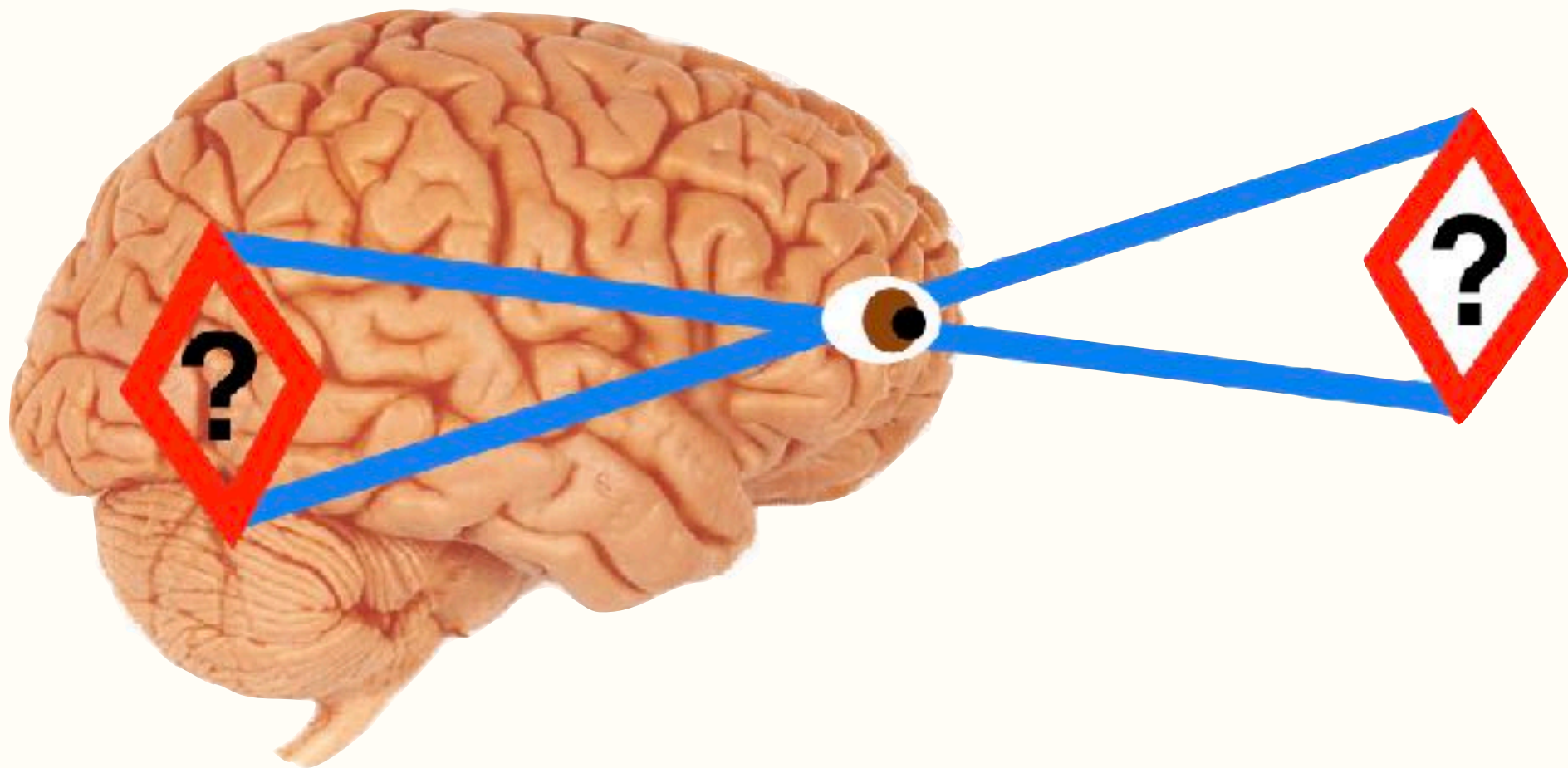
Your computer stores information about good & bad experiences to help you do better next time.



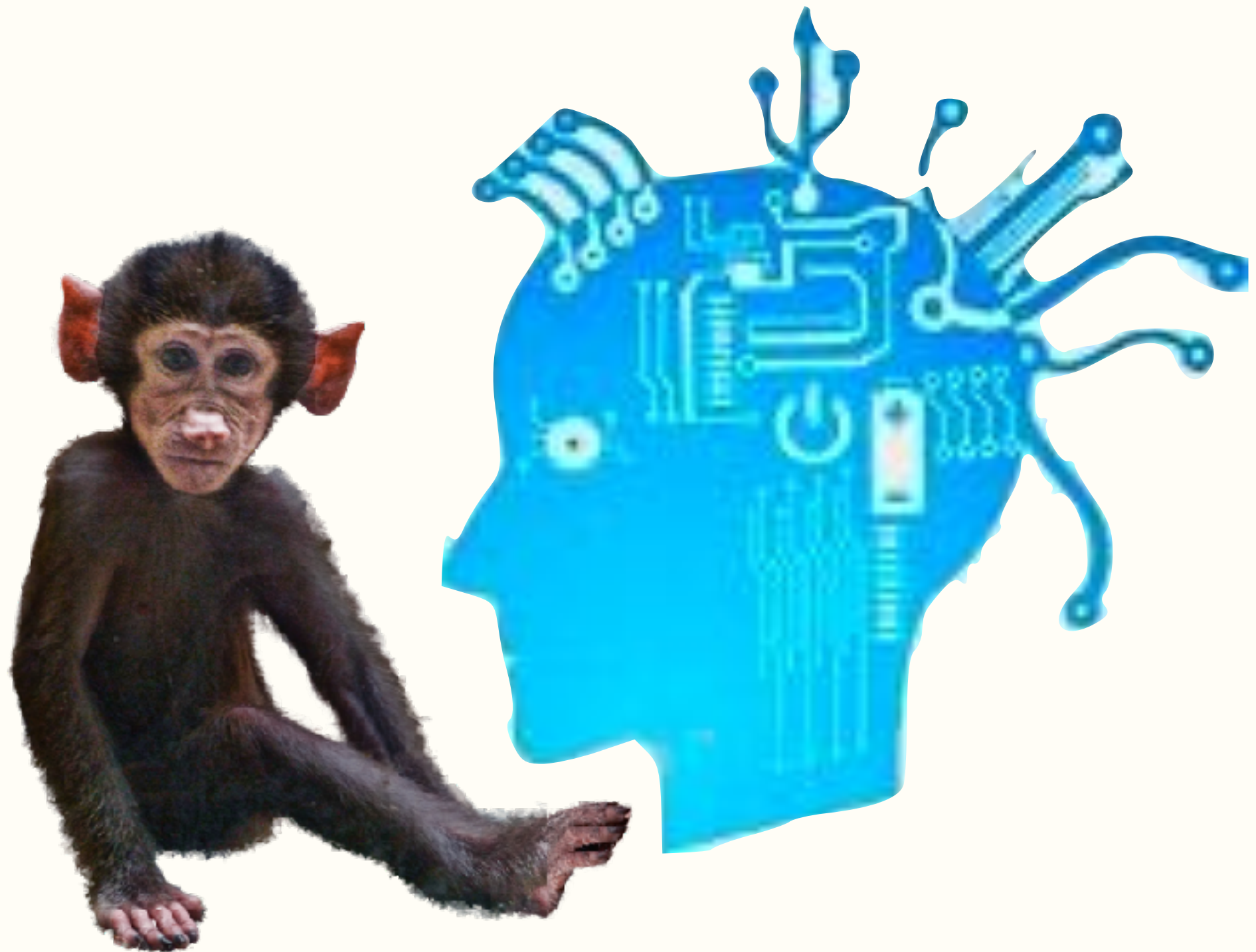
**Your monkey
and your
computer
learn to
work together.**



**They find ways to feel good now
without hurting you in the future.**



It's not easy having two brains!



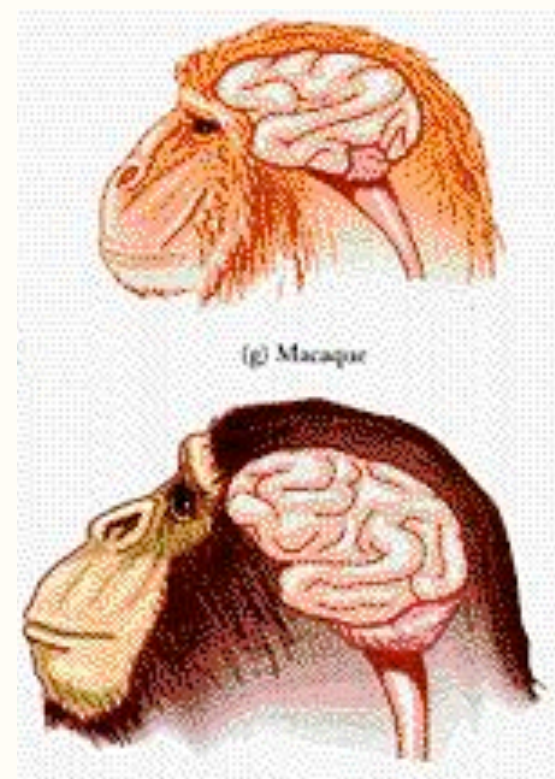
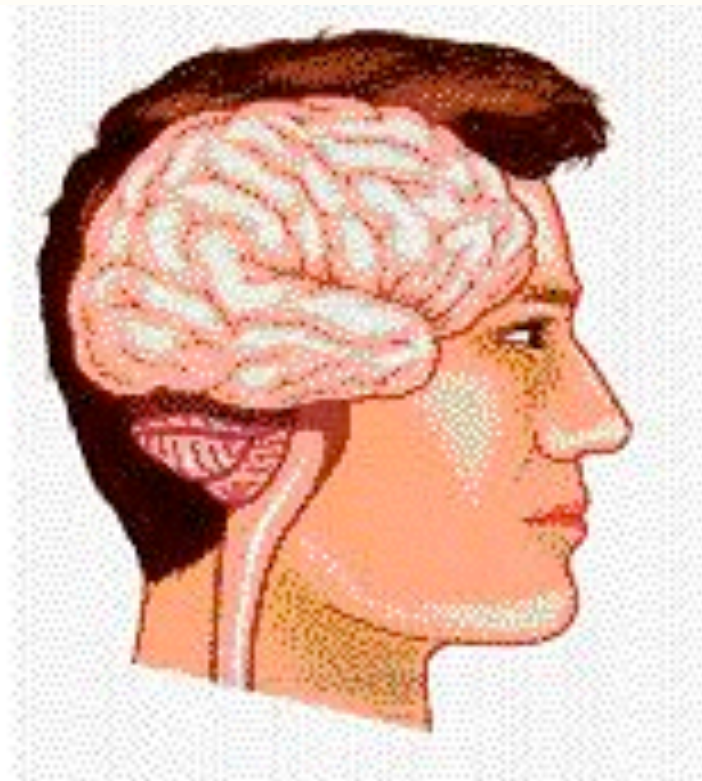
But everyone has the same problem.



**Your friends
work to keep
their monkey
and their
computer
working
together.**



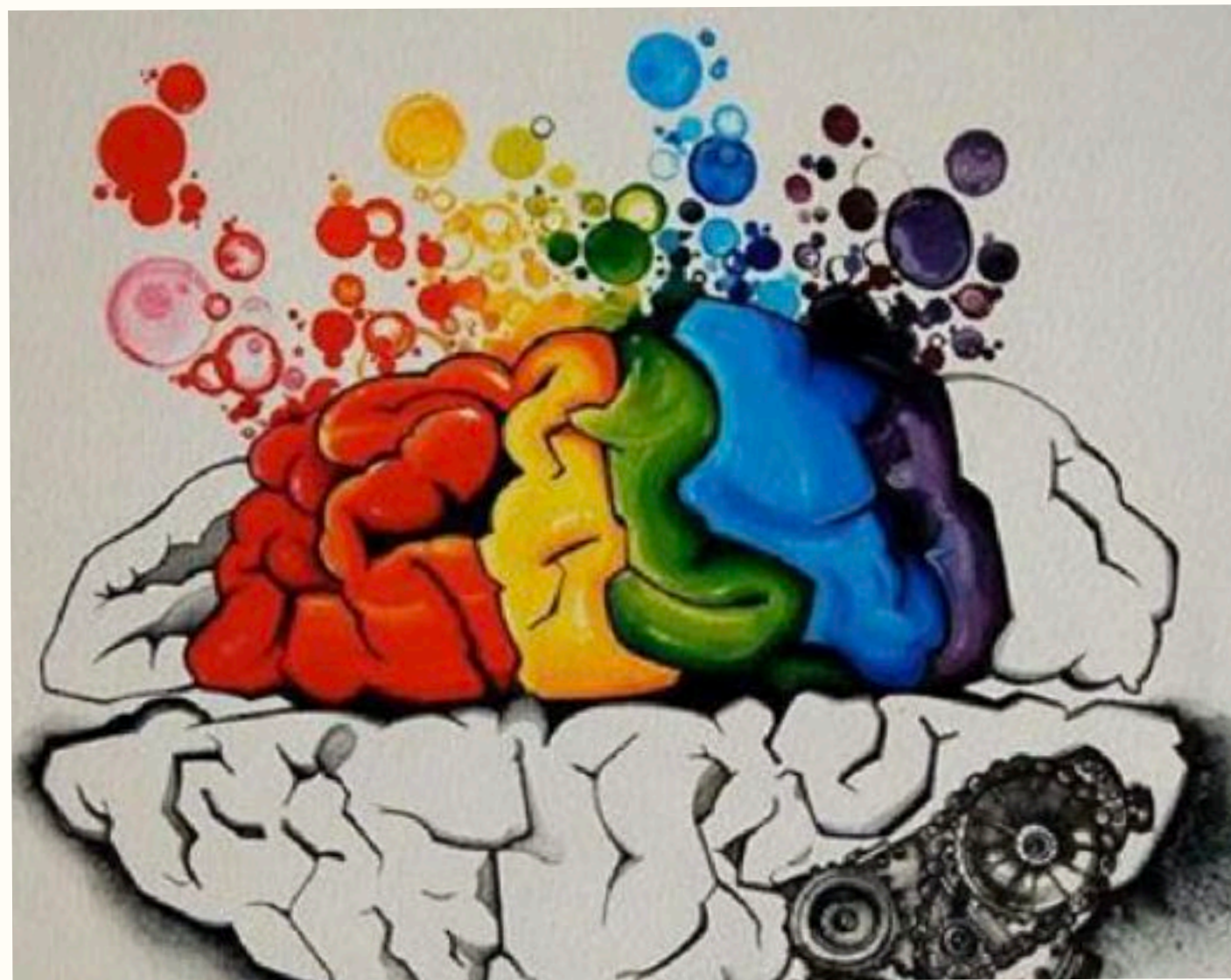
**Your parents are working
their monkeys and their
computers together too.**



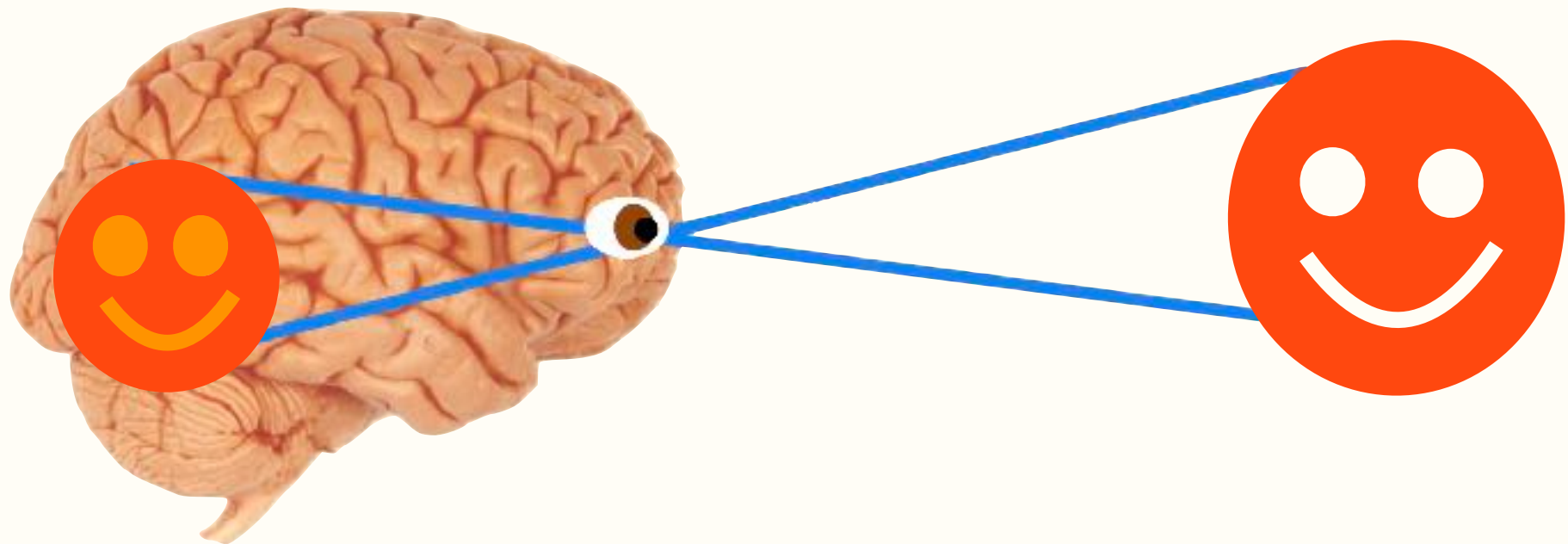
**The monkey brain is hard to understand
because it can't speak in words.**



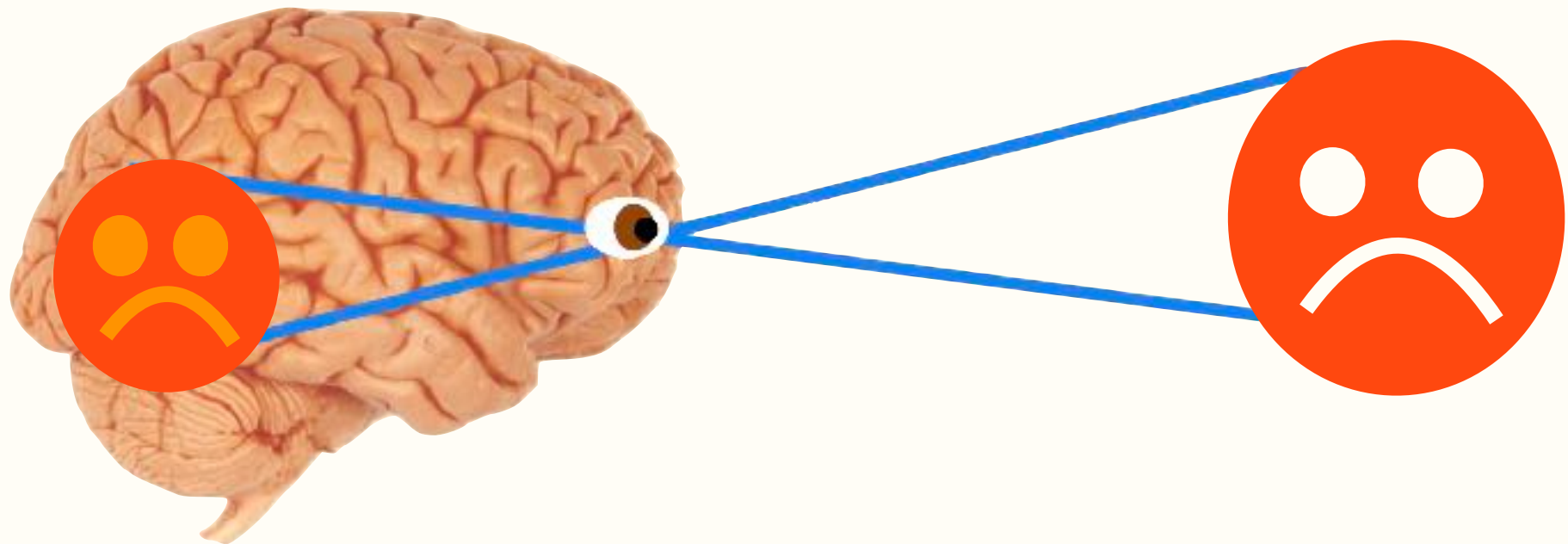
**It responds to the world with
chemicals instead of words.**



When your monkey sees something good, it releases a chemical that makes you feel good.



**When it sees something bad,
it releases a chemical that
makes you feel bad.**



**These chemicals are powerful so
it's hard manage your monkey.**



**But your monkey doesn't really
know what's good & bad.**



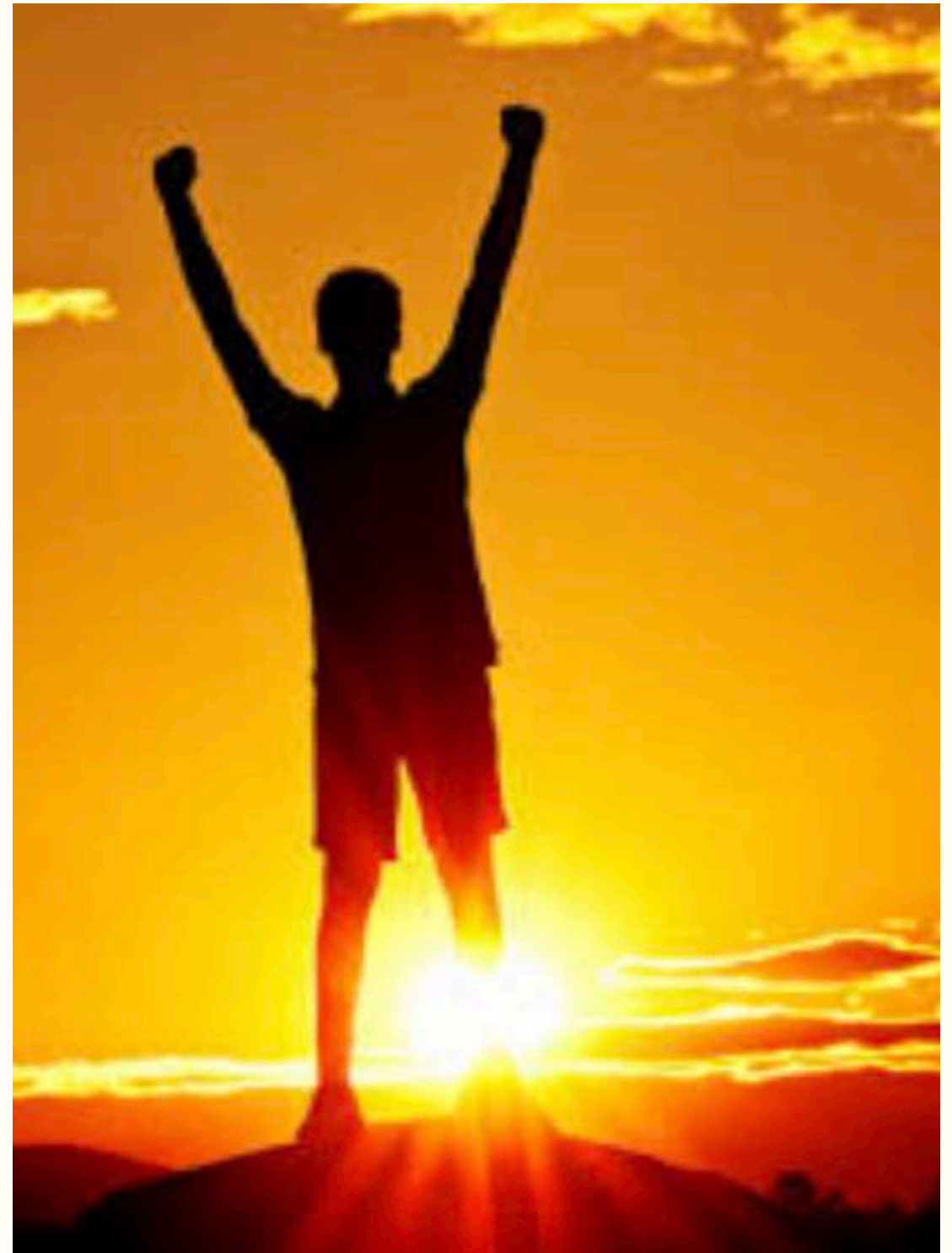


**So keep helping it
with your computer.**



**Something that feels good now
may hurt you in the future.**

**You can
feel good in
the future if
your two
brains work
together.**



An animation that explains: InnerMammalInstitute.org/animation



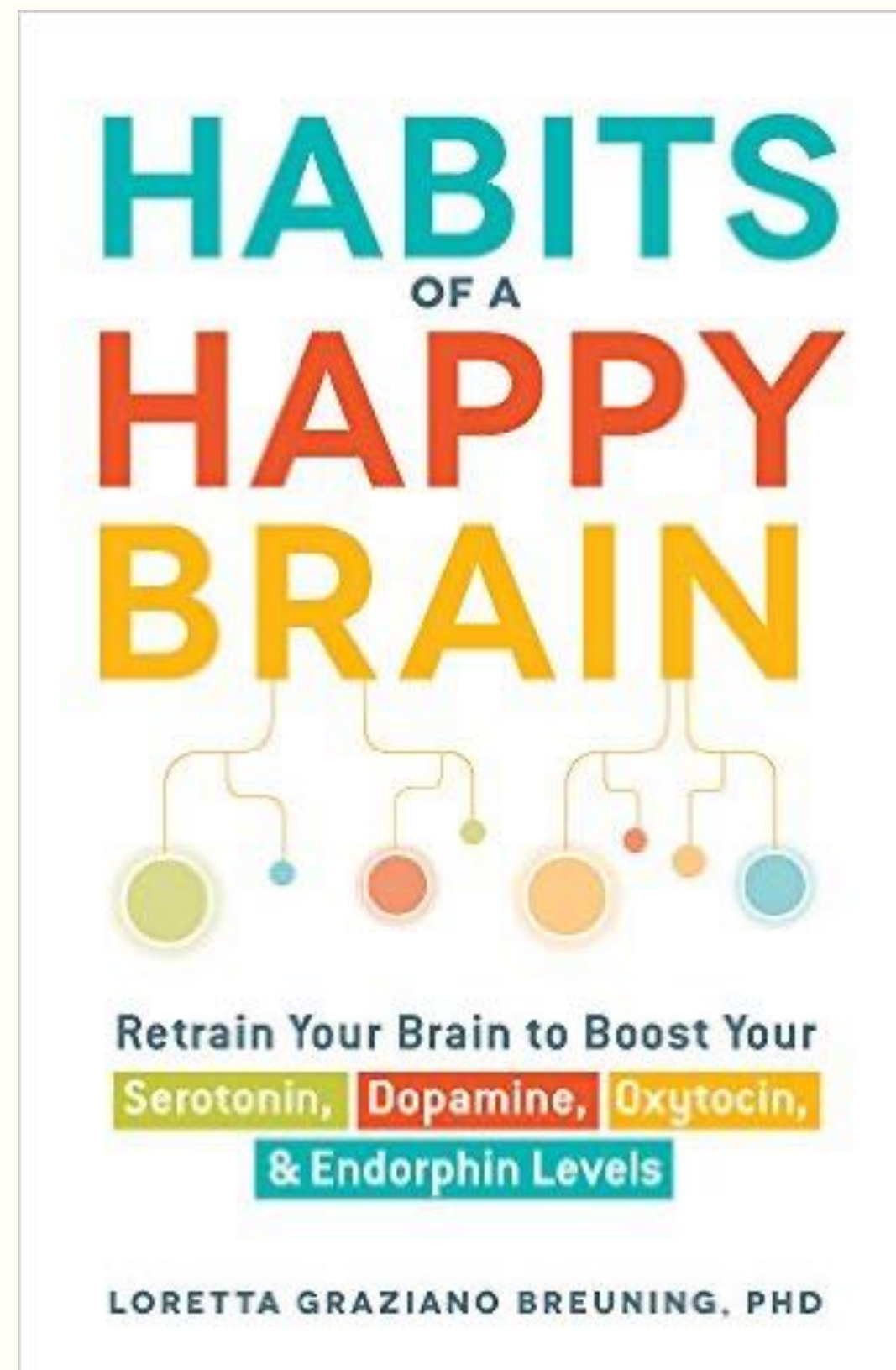
A Youtube that explains: YouHavePowerOverYourBrain.com



A book that
makes it simple:

Habits of a Happy Brain

Retrain your brain to
boost your
serotonin, dopamine,
oxytocin & endorphin



A website with free resources
to make peace with your inner mammal:

InnerMammalInstitute.org

dopamine



serotonin



oxytocin



endorphin

