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 to 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:

InnerMammallInstitute.org

dopamine, serotonin, oxytocin, endorphin