

Getting to Know Your Monkey Brain



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



**Your brain has two parts—
one part is like a computer &
the other part is like a monkey's brain.**



**The monkey brain inside you
get excited when something feels
good or bad.**



The computer inside you stores information about what is good and bad for you, so you can make better decisions.



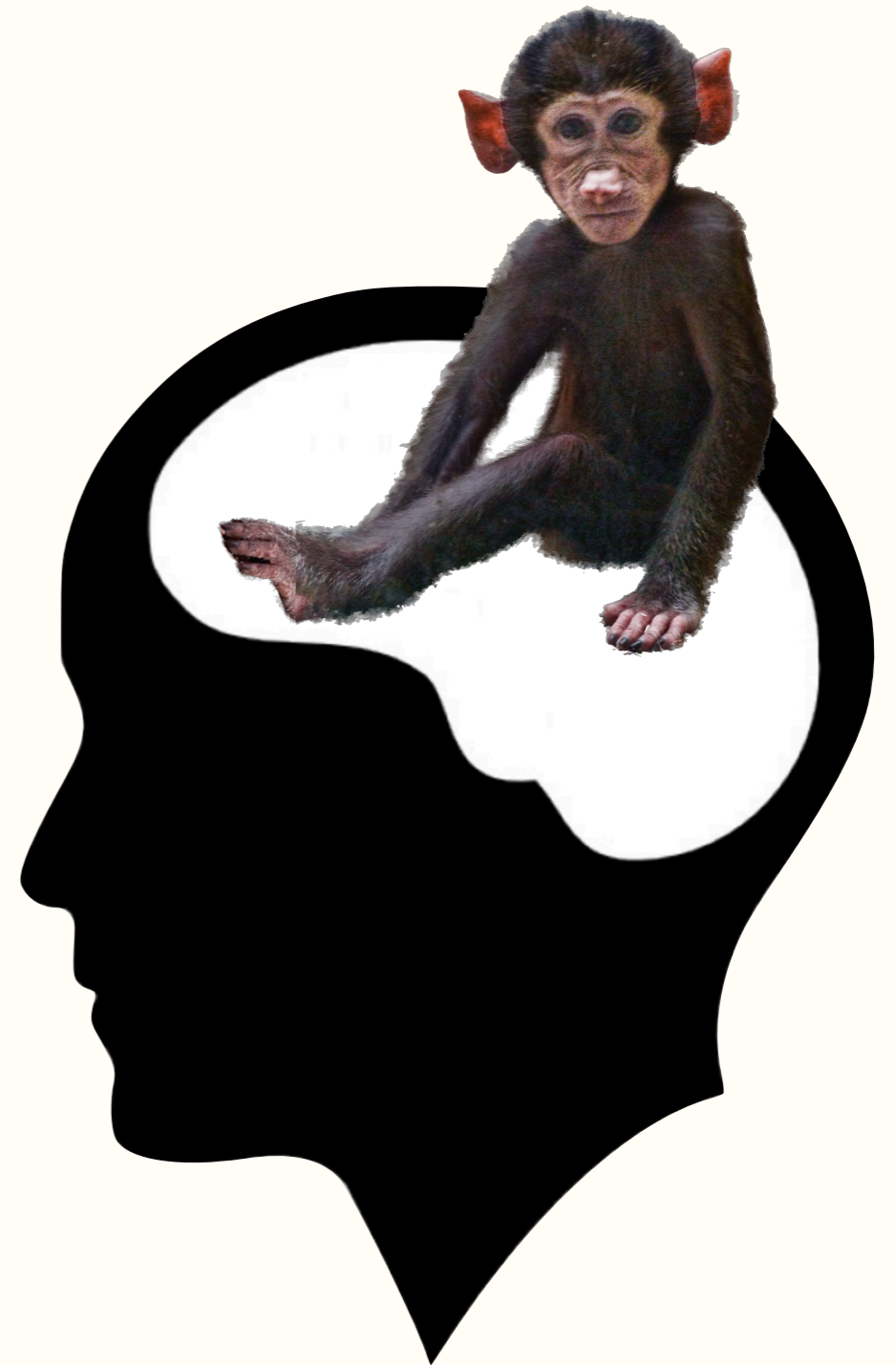
When your monkey and your computer work together, you make good decisions.



**You figure
out how to
get more
good in
your life &
avoid more
bad.**



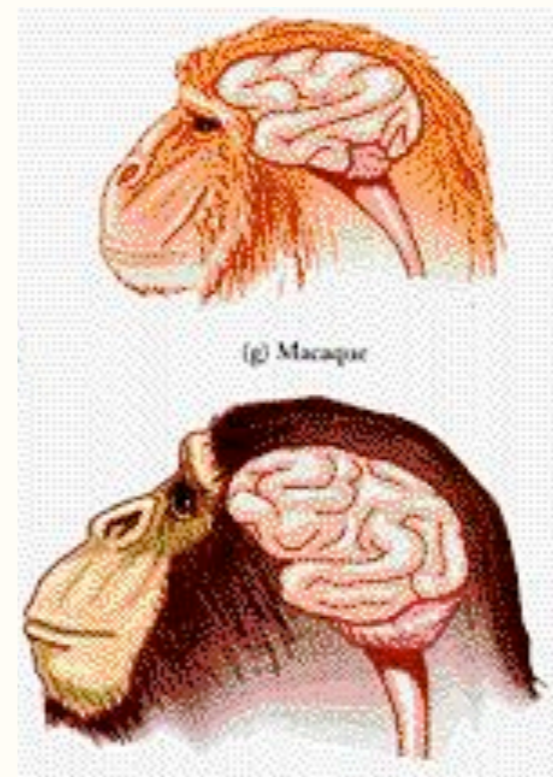
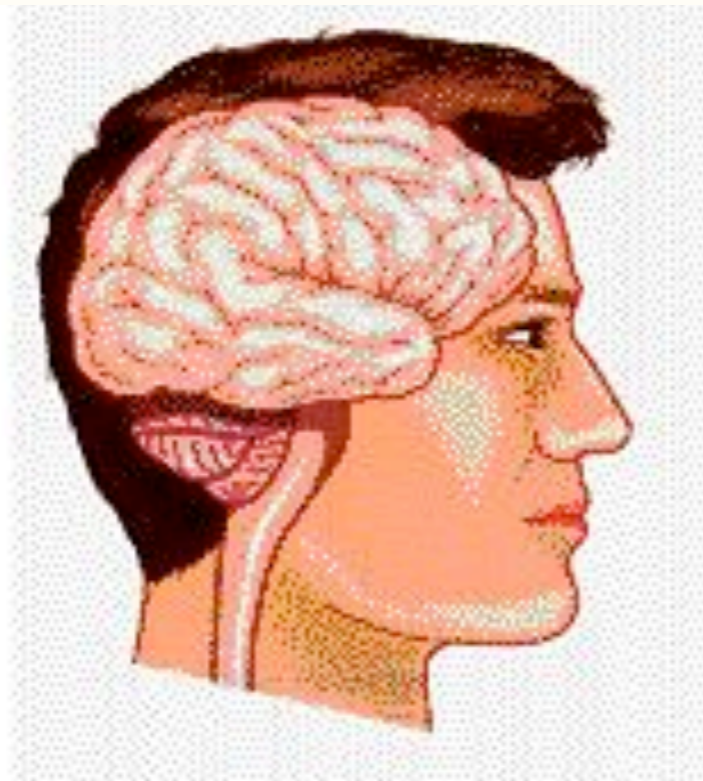
**Your monkey
and your
computer are
always learning
how to work
together.**



**When you play
with your friends,
their monkey and
their computer
are struggling to
work together.**



**When you talk to your family, they
are working their monkeys and
their computers together too.**



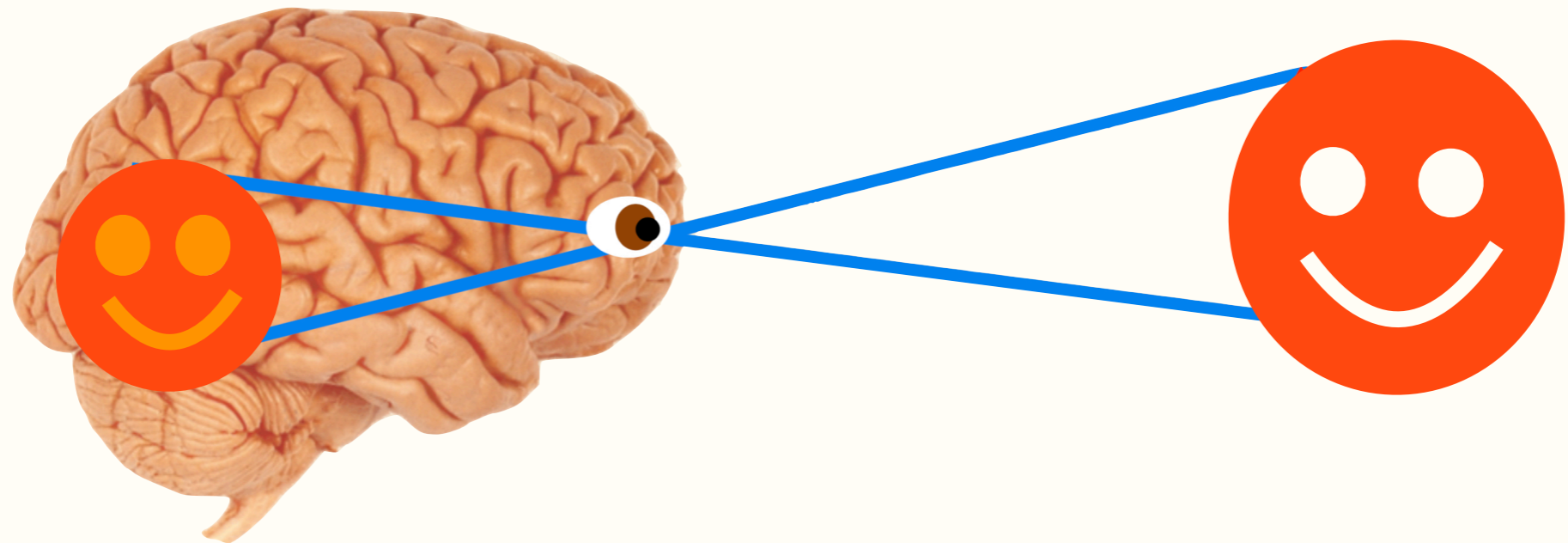
The monkey inside us is hard to understand because it can't speak in words.



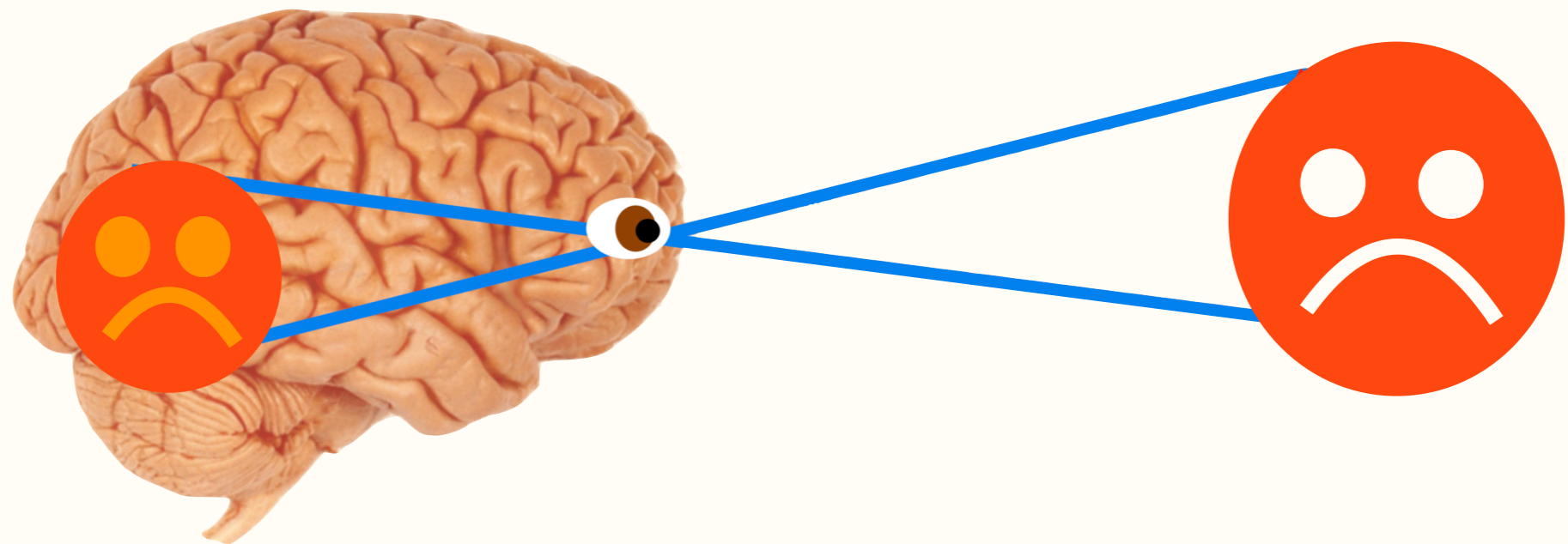
**The monkey brain responds to
the world with chemicals
instead of words.**



When it 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 very powerful,
which is why it's hard work to
manage your inner monkey.**



to be continued..

