

# The Pain/Pleasure Principle

Everything we do in life is because we're either avoiding pain or moving toward pleasure. If you're continuing a pattern or behavior that you don't like, it's because you're linking more pain to stopping it than you are to continuing it. And if there's something you're not doing that you want to do, it's because you link more pain to doing it than not doing it.

Make sense? Read that again and let it sink in.

Below is an activity that will help you stop patterns and change behaviors because you associate massive pain to continuing the old pattern and you associate massive pleasure to the desired behaviors.

List 4 patterns or behaviors that you need to change in order to live the enlightened relationship you desire and the desired new behavior or outcome:

Pattern:

Desired Outcome:

Pattern:

Desired Outcome:

Pattern:

Desired Outcome:

Pattern:

Desired Outcome:

Now for each desired change, take your time to answer the following questions:

### PATTERN 1:

What is the PAIN you associate with stopping the old pattern or behavior?

What is the PLEASURE you've gotten from doing the pattern or behavior?

What is the PAIN that will happen if you DO NOT stop the pattern or behavior?

What is the PLEASURE you will experience if you DO stop the pattern and create the desired outcome?

### PATTERN 2:

What is the PAIN you associate with stopping the old pattern or behavior?

What is the PLEASURE you've gotten from doing the pattern or behavior?

What is the PAIN that will happen if you DO NOT stop the pattern or behavior?

What is the PLEASURE you will experience if you DO stop the pattern and create the desired outcome?

## Questions continued:

### PATTERN 3:

What is the PAIN you associate with stopping the old pattern or behavior?

What is the PLEASURE you've gotten from doing the pattern or behavior?

What is the PAIN that will happen if you DO NOT stop the pattern or behavior?

What is the PLEASURE you will experience if you DO stop the pattern and create the desired outcome?

### PATTERN 4:

What is the PAIN you associate with stopping the old pattern or behavior?

What is the PLEASURE you've gotten from doing the pattern or behavior?

What is the PAIN that will happen if you DO NOT stop the pattern or behavior?

What is the PLEASURE you will experience if you DO stop the pattern and create the desired outcome?