

Problem of immediate gratification

Exercise: Costs and gains

| Costs | | Gains | |
|--------------|--------------------------|----------------------|-----------|
| Short Term | Long Term | Short Term | Long Term |
| <i>Shame</i> | <i>Lose relationship</i> | <i>Sexual relief</i> | |
| <i>Guilt</i> | <i>Lose job</i> | | |
| <i>Fear</i> | <i>Depression</i> | | |
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