

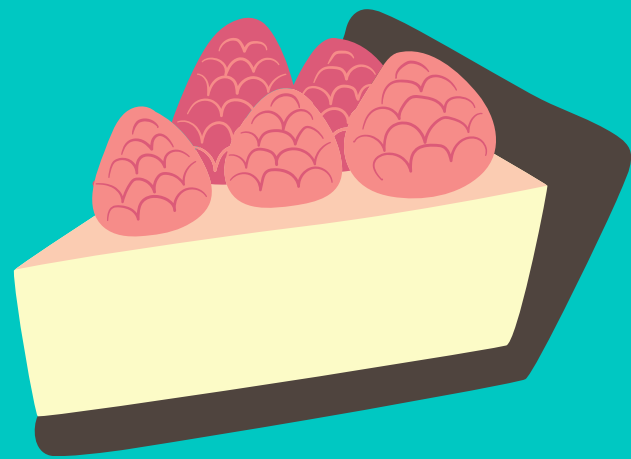


Dopamine

VS



Serotonin



instant gratification

sense of excitement

short-term pleasure

delayed gratification

sense of achievement

long-term satisfaction

ADDICTIVE



pleasure molecule that
makes you desire things

NON ADDICTIVE



mood balancing molecule
that improves well-being

offers immediate reward

inspires **"taking"**

from alone experience

addictive pleasure

required effort

inspires **"giving"**

from shared experience

true contentment

