

This worksheet just a means a tool for you to pursue pleasure but not an end in itself ultimately you decide what to do.

Is the desire natural and necessary?

Is the desire natural but not necessary?

Is the desire neither natural nor necessary?

Question the desire what will happen if the desire is achieved and what will happen if it is not?

Ask yourself does this desire have pain if so does it give greater pleasure later?

Is the desire pleasurable but it brings greater pain afterwards?