



THE CHIMP PARADOX WORKSHEET - Understanding and Managing Your Mind

About The Chimp Paradox

The Chimp Paradox by Professor Steve Peters explains how the mind works and how to manage thoughts, emotions, and behaviours. It divides the mind into three parts:

- **The Chimp** – your emotional, impulsive, instinctive mind. Reacts quickly and can be irrational.
- **The Human** – your rational, logical, conscious mind. Guides decisions using reason.
- **The Computer** – stores habits, beliefs, and automatic responses. Can reinforce helpful or unhelpful patterns.

Managing your Chimp rather than trying to eliminate it can improve self-awareness, relationships, stress control, and decision-making.

Below is an easy-to-follow guide to see when your Chimp is active

1. Recognise the Signs

Your Chimp is active when you notice:

- Sudden strong emotions (anger, fear, frustration, jealousy)
 - Impulsive reactions or arguments
 - Negative self-talk or self-doubt
 - Feeling “out of control” or overwhelmed
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2. Label Your Chimp

Give your emotions a name to create distance:

Emotion: _____

Situation: _____

3. Engage Your Human

Pause and ask yourself:

- What would a rational response be?
- How can I respond calmly and constructively?

Rational thought: _____

Action I will take: _____

4. Check Your Computer

Identify automatic responses:

- Negative habit or thought: _____
- Positive replacement: _____

The more you practise, the more helpful your computer will support your Human and manage your Chimp.

5. Reflection & Next Steps

- What did you learn about your mind today?
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- One action you will take this week to manage your Chimp:
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Tip: Use this worksheet whenever you notice strong emotions or impulsive reactions. Practising these steps regularly will help you control impulses, respond thoughtfully, and strengthen positive habits.