

GUILTY PLEASURE

A guilty pleasure is any thought, activity, or behavior that is personally enjoyable while also evoking feelings of shame or embarrassment.

OVERVIEW

A guilty pleasure is a behavior or activity that provides joy and excitement to an individual but may also elicit negative emotions such as guilt and shame due to its perceived social disapproval. According to Schalk (2019), "A guilty pleasure is something that we enjoy, but we know we're either not supposed to like, or that liking it says something negative about us".

EXAMPLES

- **Binge-watching TV shows:** Sitting down and watch an entire season or even series in one day feels great at the time but can lead to feelings of guilt or regret later on.
- **Eating junk food:** Whether it be chips, candy, pizza, or ice cream - indulging in unhealthy foods once in a while can make you feel guilty due to the potential health consequences.

Guilty Pleasures

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Guilty Pleasures:

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