

Dopamine Detox

Action Guide

Part I. Dopamine and the role it plays

What are you addicted to? What are your main sources of stimulation and do they really make you happy?

Part II. The problem

1. The neurotransmitter of more.

Write down a past situation when you couldn't stop doing something. Were there any activities you couldn't stay away from for one whole day? Write it down as well.

2. Your dopamine neurotransmitters are being hijacked.

Complete the prompt below by being as specific as possible:

My brain is being hijacked when...

3. You're overstimulated.

Write down a specific distraction pattern you often fall into and that leads you to be in a state of overstimulation. For instance, it could be checking Facebook, then watching videos on your newsfeed before checking your emails and reading the news.

4. Tricks your mind plays on you to keep you overstimulated.

Now, rate yourself for each of the following tricks on a scale from 1 to 10 (one meaning you don't fall for that trap, ten meaning it describes your situation perfectly).

Trick #1 — My mind convinces me going back to work is easy

1
10

Trick #2 — My mind tells me I can do it later

1
10

Trick #3 — My mind makes me believe that excitement is similar to fulfillment

1
10

Trick #4 — My mind tells me opportunities are limited

Part III. The benefits

The different types of dopamine detox

Which type of Dopamine Detox do you want to implement right now?

Part IV. A three-step method to a successful detox

Now, create the simple daily routine you'll follow during your dopamine detox (and beyond).

1. Identify your biggest temptations and/or distractions and write them down on the sheet of paper. Then, make sure you put the sheet in a prominent position.
2. Make unwanted behaviors harder to engage in by adding friction.
3. Make desired behaviors easier to engage in by reducing friction.
4. Implement a simple morning routine to calm your mind and start your day with a low level of stimulation.

MY DAILY ROUTINE

Part V. Doing the work

Write down your daily and weekly goals:

Daily Goals	Weekly Goals

Schedule one major task to work on each morning.

Identify your key task and tackle it first thing in the morning—and do this consistently.

Remember to follow the step below to develop laser-sharp focus:

1. Decide a time to focus on your key tasks. Then, make sure you're at the same place at the same time each day.
2. Choose a specific trigger to signal the start of your morning routine.
3. Just get started. When you work on your tasks for a few minutes, you'll be more likely to enter the flow and keep working longer.
4. Eliminate any distraction (phone notifications, internet etc.), and
5. Finally, work without interruption. Aim to complete (?) forty-five minutes of uninterrupted work.

Beware of open systems

Write down a few examples of open systems that lead to you becoming distracted. Then, write down one close system you could implement to help you increase your productivity.

Open Systems:

Close System:

Part VI. Avoiding “dopamine relapse”

Write down at least one activity you could engage in every day in order to stay calm and focused.

Commit to a thirty-day challenge.

To benefit from your dopamine detox, I encourage you to implement a simple daily routine to adhere to for the next thirty days. See it as a 30-day challenge. This will help you avoid reverting to your old habits as soon as you finish your dopamine detox.

THANK YOU SO MUCH!

I hope you'll make a meaningful use of your time and achieve all your goals and dreams in the coming years.

Let me wish you all the best with your new endeavors. I'm very much looking forward to hearing from you.

If you have any questions send me an email at :
thibaut.meurisse@gmail.com

- Click [here](#) to connect with me on my Facebook page.
- Click [here](#) to follow me on Instagram
- Click [here](#) to check out my author page.

Thanks a lot!

Thibaut Meurisse
Founder of Whatispersonadevelopment.org

BOOKS BY THE AUTHOR

Mastery Series

[Master Your Emotions: A Practical Guide to Overcome Negativity and Better Manage Your Feelings](#)

[Master Your Motivation: A Practical Guide to Unstick Yourself, Build Momentum and Sustain Long-Term Motivation](#)

[Master Your Focus: A Practical Guide to Stop Chasing the Next Things, See Projects Through, and Achieve Tangible Results](#)

[Master Your Destiny: A Practical Guide to Rewrite Your Story and Become the Person You Want to Be](#)

[Master Your Thinking: A Practical Guide to Align Yourself with Reality and Achieve Tangible Results in the Real World](#)

[Master Your Success: Timeless Principles to Develop Inner Confidence and Create Authentic Success](#)

[Master Your Beliefs: A Practical Guide to Stop Doubting Yourself and Build Unshakeable Confidence](#)

Other books by the author

[Crush Your Limits: Break Free From Limitations and Achieve Your True Potential](#)

[Goal Setting: The Ultimate Guide to Achieving Goals That Truly Excite You](#)

[Habits That Stick: The Ultimate Guide to Building Powerful Habits That Stick Once And For All](#)

[Productivity Beast: An Unconventional Guide to Getting Things Done](#)

[Success is Inevitable: 17 Laws to Unlock Your Hidden Potential, Skyrocket Your Confidence and Get What You Want From Life](#)

[The Greatness Manifesto: Overcome Fear and Go After What You Really Want](#)

[The One Goal: Master the Art of Goal Setting, Win Your Inner Battles, and Achieve Exceptional Results](#)

[The Passion Manifesto: Escape the Rat Race, Uncover Your Passion and Design a](#)

[Career and Life You Love](#)

[The Ultimate Goal Setting Planner: Become an Unstoppable Goal Achiever in 90 Days or Less](#)

[The Thriving Introvert: Embrace the Gift of Introversion and Live the Life You Were Meant to Live](#)

[Upgrade Yourself: Simple Strategies to Transform Your Mindset, Improve Your Habits and Change Your Life](#)

[Wake Up Call: How to Take Control of Your Morning and Transform Your Life](#)

Did you enjoy this book?

If you benefit from this book, make sure to leave a review on Amazon. You could inspire other people like you to make changes in their lives as well. And that would mean so much to me!

Thank you for your support!!
Thibaut

