

An Interactive Guide to the Mind

Explore four core concepts that explain the hidden forces shaping our digital lives, stress responses, and overall well-being. This guide translates complex psychology into interactive visualizations.

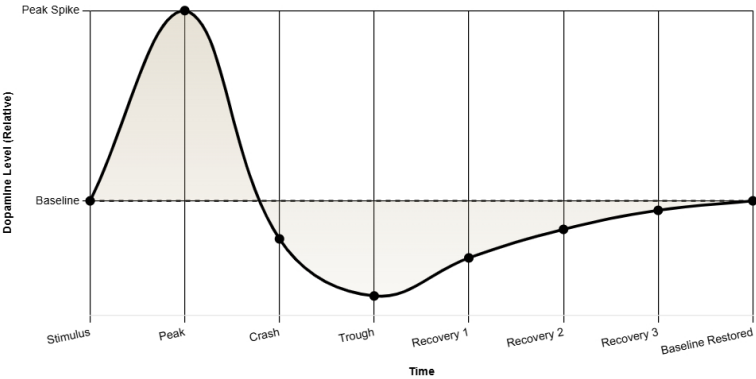
The Ping/Scroll Loop

This diagram reveals the relentless, self-reinforcing cycle of digital distraction. It's a neurobiological loop that feels inescapable but can be broken with deliberate intervention. Interact with the nodes to understand each stage of this powerful process.



The Dopamine Curve

This scientific graph shows the neurobiological consequence of the Ping/Scroll Loop. It illustrates how repeated dopamine spikes lead to a crash below your baseline, driving tolerance and compulsive behavior. The slow return to baseline shows the path to recovery.



The Stress-Sensitization Loop

Discover the detrimental feedback loop where stress fuels maladaptive coping strategies (like distraction), which in turn depletes resources and amplifies stress, creating a downward spiral. The key is to find the hopeful, actionable exit points.



The Downward Spiral

Click on a node or an "Exit Point" to understand how stress can escalate and, more importantly, how you can step out of the cycle.

The Reward Compass

This 2x2 matrix serves as a navigational tool for self-awareness. It integrates the previous concepts to help you map your current motivational and emotional state, and guides you toward the optimal zone of well-being. Click a quadrant to learn more.

Spike vs. Sensitivity →

Dopamine Baseline →	High Spikes / Low Sensitivity Habituated State	Optimal Flow / Contentment Healthy State OPTIMAL
	Compulsive Seeking / Burnout Dysregulated State	Low Drive / Anhedonia Depleted State

Navigate Your Inner State

Click on any of the four quadrants to understand its characteristics, the underlying neurobiology, and how it connects to your daily experiences.