# Dopamine

In the library, there are a few books on the basis of habit. If you have consumed the contents of these this article will go over much easier. If you have not, you will have to take my word for the fact that an environment is more important to productivity than all other hacks. Or make a simple google search and confirm the basis from some behavioral specialists. This is on the basis of the fact that the brain is very good at categorizing spaces with the possible actions to take within them.

I have gone over the effects of a dopamine fast with you, and from it I believe explained my metaphor in relativity to a roller coaster park. Where, at a roller coaster park, with plenty of large roller coasters, the smaller ones are not very appealing. Whereas, a roller coaster park with those same smaller ones, with the lack of any large ones, where the largest roller coasters are now. These roller coasters become

\*great\*

because enjoyment is a relative experience. Now taking on this way of thinking, and every possible action as a roller coaster, and the enjoyment of the activity as the height of the roller coaster we can create a view of the theme parks around the house. And because we are edging towards making the productivity roller coaster the most appealing as possible we will only be looking at the rooms where this attraction is possible.

\*\*Without it, you would do nothing.\*\*

\*\*\*\*I would really enjoy some food right now. I would like to lay down. I would like to be with that girl/guy. Where does this passion and want come from? It all starts in your brain, with a neurotransmitter called Dopamine. The anticipation of a reward, as well as the action itself releases this chemical compound creating the feelings of pleasure and motivation in your brain. Common to many is that dopamine is released at the completion of a task, a reward neurotransmitter. Not so commonly known is that the actual anticipation of the reward is felt just as much as the reward, based on one’s sureness of the completion or attainment of the desired thing. This is a theory on why habits become so easy after the repetition of them. There is guaranteed knowledge of how to complete the task, with guaranteed knowledge of the amount of reward upon completion.

This is the underlying process that makes you, and everyone else, do everything and anything on a day to day basis. Lets begin with a graph of expected values of certain actions. When choosing what action to take next, we are motivated to do so or not based on how much expected dopamine it will bring us.