Brief Dopamine Fast

**Purpose**

I was not very productive during sprint #2 due to digital entertainment consumption. I want to still watch YouTube, play video games, watch tv shows, and more but I don’t want these hobbies to control my life. I want to take a quasi-dopamine detox for a short period of time to see if I can maintain the discipline and control over myself needed to balance work and play without eliminating either option.

**Timeline**

Friday 5/30 – Friday 6/6 (1 week/7 days), reward is allowed on Friday if I finish work and other stipulations are satisfied, subsequent Friday of 6/6 does not count towards rewards

**Rules & Approach**

* Maximum of 3 hours per day for digital entertainment (podcasts, YouTube videos, Video games, Reddit, Twitch, Movies, TV Shows, porn, YouTuber related news articles, **\*Mobile apps: tinder, Hiki, etc**)
  + Exception: unlimited music and screentime for work-related activities
  + Approach: use stopwatch app on iPhone to track time, track amount of time using this document (daily tracker)
  + **Note: Any use of Japanese related apps will count towards screen time unless its explicitly written down as a task in my notebook**
* Ban these podcasts/YouTube channels: Mr Ballen, Mr Nightmare, Chilling Scares
  + Exception: Lets Read!
* Complete 4 hours of work per day minimum
  + Work: project, chores, errands, socializing, Japanese, etc
* Recommendation
  + Don’t use up any digital entertainment time prior to getting all work done for the day (4 hours)
  + Put all execution tasks into notebook for immediate management (max 5 items at a time)
* Days will be categorized based on performance: perfect, sufficient, or failed
  + Perfect: Completed 4 hours of work, watched less than 3 hours of entertainment, completed above recommendations
  + Sufficient: Completed 4 hours of work, watched less than 3 hours of entertainment
  + Failed: Did not complete 4 hours of work OR watched more than 3 hours of entertainment
* **Mr. Nightmare membership stipulation**: satisfied with the two recommendations above for at least 3 days.
  + X >= 3 Perfect days, Y >= 3 Sufficient days, Z <= 1 Failed day

**Reward**

Listen to banned podcast episodes from Mr. Ballen, Mr. Nightmare, and Chilling Scares while drinking baja blast freeze driving down scenic, forested area.

* Content to listen to (as of 5/29) (128 mins total)
  + Mr. Nightmare: 10 videos, 115 mins
    - 2 free: 32 mins
    - 8 premium: 83 mins
    - $12 for premium membership, need to cancel renewing membership
  + Chilling Scares: 1 video, 13 min
  + Mr. Ballen: 0 videos, 0 mins
* Driving Location: SR-4: Middletown/Germantown (Decide day of), (30-50 min one way)
  + URL: <https://chatgpt.com/c/68391ce9-7f10-8009-8f69-721cf390bf00>
  + **Pros:**
    - More consistently wooded and curvy roads, especially near Germantown MetroPark.
    - Feels more “hidden” and nature-immersed—ideal for someone who wants thick tree canopies over narrow winding roads.
    - Quieter traffic; more of a “Sunday drive” feel.
  + **Cons:**
    - More local turns and possibly narrower roads.
    - Less historical context than the National Road.
  + **Best for:**
    - Drivers who want that "tunnel of trees" feel and a peaceful, cozy forest-like experience.
* Baja blast: ideally wait for happy hour (2 pm – 5 pm) to get two freezes together

**Management**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date | Day | Performance | Digital Time | Work First ? | Used Journal? |
| 5/30 | Friday |  |  |  |  |
| 5/31 | Saturday |  |  |  |  |
| 6/1 | Sunday |  |  |  |  |
| 6/2 | Monday |  |  |  |  |
| 6/3 | Tuesday |  |  |  |  |
| 6/4 | Wednesday |  |  |  |  |
| 6/5 | Thursday |  |  |  |  |

**Analysis**

Perfect days: \_\_\_\_\_\_ Sufficient days: \_\_\_\_\_\_ Failed days: \_\_\_\_\_\_

Qualifies for reward: Yes No

Qualifies for bonus reward: Yes No