

[3.1] YOUR CURRENT DOPAMINE HABITS_

Session 3: Escaping Dopamine Land

Objective: Understand dopamine overload and use the DOSE tools to feel clearer, calmer, and genuinely great.

Where do you currently get most of your dopamine? (Be honest - this isn't judgment.)

High-stimulation sources

(feels urgent, addictive, brief pleasure)

-

-

-

-

Lower-stimulation but meaningful sources

(deeper satisfaction, takes effort)

-

-

-

-