

[3.3] THE DOSE LENS_

Session 3: Escaping Dopamine Land – The DOSE Framework

A healthy dopamine system is supported by other brain chemicals too, often summarized as DOSE (dopamine plus oxytocin, serotonin, endorphins).

For each life area, identify one small shift away from high-stim dopamine to something slower but more meaningful:

HEALTH & ENERGY SHIFT:

High-stim habit:

Alternative that leaves me feeling calmer or genuinely better:

RELATIONSHIPS SHIFT:

High-stim habit:

Alternative that deepens connection:

[3.3] THE DOSE LENS_

continued

WORK / CREATIVE SHIFT:

High-stim habit:

Alternative that helps focus or deep work:

LEARNING / GROWTH SHIFT:

High-stim habit:

Alternative that builds real skill/knowledge: