

# [3.3] THE DOSE LENS\_

Session 3: Escaping Dopamine Land – The DOSE Framework

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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:

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**HEALTH & ENERGY SHIFT:**

High-stim habit:

Alternative that leaves me feeling calmer or genuinely better:

**RELATIONSHIPS SHIFT:**

High-stim habit:

Alternative that deepens connection:

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continued

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WORK / CREATIVE SHIFT:

High-stim habit:

Alternative that helps focus or deep work:

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LEARNING / GROWTH SHIFT:

High-stim habit:

Alternative that builds real skill/knowledge: