

## [3.1] YOUR CURRENT DOPAMINE HABITS\_

### Session 3: Escaping Dopamine Land

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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)

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#### Lower-stimulation but meaningful sources

(deeper satisfaction, takes effort)

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