



Mitigating the Dark Side of Flow

Key Takeaways

- 1 Flow Is Dangerous
- 2 Fully Alive & Deeply Committed Is a Risky Business That Costs Not Less Than Everything
- 3 Flow Hacking Risks to Watch For
- 4 Servant Leadership
- 5 Becoming a Flow Conscious Leader

Quote:

“ Flow feels like the meaning of life for good reason. The neurochemicals that underpin the state are among the most addictive drugs on earth. Equally powerful is the psychological draw. ”

— Steven Kotler, *The Rise of Superman*

Diagnostic
N/A

Exercise

What Is Your Highest Risk of the Dark Side of Flow?

See next page for details

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What Is Your Highest Risk of the Dark Side of Flow?

Flow Hacking Risks to Watch For:

1. Continually Pushing the Challenge Level
2. Painlessness, Invincibility & Avoidance
3. Workaholism & Dopamine Itchiness
4. Losing The Key To The Lock Of Flow
5. Becoming a Bliss Junkie
6. Dopamine Distortions & Sense of Self Inflation

Mitigating Hypomania

1. Remove stimulants such as caffeine
 2. Regulate your nervous system; exercise, journaling, sleep, nutrition, mindfulness
 3. Anchor to routine
 4. Have others "check you"
- Where do you live?

Write Down Your Highest Risk of the Dark Side of Flow.

Glossary

Continually Pushing the Challenge Level: Sooner or later, if we stay on this path long enough, pushing past one's comfort zone is going to require exceeding traditional margins for safety.

Painlessness, Invincibility & Avoidance: Using flow to kill pain, getting a distorted sense of one's capability and avoiding uncomfortable feelings that need to be addressed.

Workaholism & Dopamine Itchiness: Discomfort when not working or engaged in flow that makes relationships and recovery challenging.

Losing the Key to the Lock of Flow: Being locked out of the state with no way back in.

Becoming a Bliss Junkie: Requiring flow to get good work done and relying on it for productivity.

Dopamine Distortions & Sense of Self Inflation: Becoming sporadically "manic", excessive excitement, distorted perception of one's own worth, excessive sense of what you're capable of.

Manic: Excessive excitement, distorted perception of one's own worth, excessive sense of what you're capable of.

Hypomania: "Hypomania is the common thread that connects these world changers, a thread as invisible, as powerful, and stretching back as far in time as a strand of DNA. Ideas pour out of hypomanics, a mix of the ridiculous and the brilliant."— John D. Gartner, *The Hypomaniac Edge: The Link Between (A Little) Craziiness and (A Lot of) Success in America*.

Notes

Lesson Resources

1. How Far Will You Go for Greatness
2. The Rise of Superman,
By Steven Kotler
3. The Hypomaniac Edge: The Link Between (A Little) Crazy and (A Lot Of) Success in America,
By John Gartner