



Driving Flow with Dopamine

Key Takeaways

- 1 Dopamine Triggers
- 2 The Truth about Risk
- 3 Thoughts on Novelty, Complexity & Unpredictability
- 4 The Mechanics of the Creativity Triggers
- 5 Feeding the Pattern Recognition System
- 6 The Truth About Deep Embodiment

Quote:

“Never trust the dopamine”

- *Steven Kotler*

Diagnostic
N/A

Exercise

Do a Dopamine Check

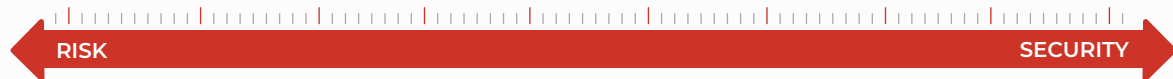
See next page for details

Exercise

Dopamine Trigger Spectrum

Rank Yourself on the Dopamine Trigger Spectrum. Ask Yourself: Do I need to pluck the dopamine triggers, or ease off?

Example: Dentist dialing up the dopamine triggers, entrepreneur dialing down dopamine triggers.



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Glossary

Dopamine Triggers:

- Risk
- Novelty,
- Complexity
- Unpredictability
- Insight
- Embodiment

Pattern Recognition System: Pattern recognition describes a cognitive process that matches information from a stimulus with information retrieved from memory

Deep Embodiment: Means Total Physical Awareness Of Every Single Sensation In Your Body

Lesson Resources

1. Creativity: Flow and the Psychology of Discovery and Invention,
By Mihaly Csikszentmihalyi
2. [How The COVID Crisis May Help You Get Into A Flow State: 5 Suggestions For Achieving Mental Flow With Your Work,](#)
By Tracy Brower
3. [TEDx, From Fear to Flow,](#)
By Cedric Dumont
4. [Neural contributions to flow experience during video game playing,](#) K
lasen, et al., 2011
5. [Individual differences in the proneness to have flow experiences are linked to dopamine D2-receptor availability in the dorsal striatum,](#)
Manzano, et al. 2013