**TBP 246 Dopamine Detox Edited\_Transcription**

[Daniel Hill] (0:05 - 19:57)

Welcome to the Blueprint Podcast. In these episodes, I'm going to share with you my life's work boiled down into simple blueprints that I used to build a 10 million pound portfolio and retire with financial independence at the age of 35. You can listen to these podcasts in any order, and I guarantee you that when you execute them in practice, you will see that success and failure are both very predictable.

Let's get into the next blueprint. Do you wish that you had more motivation? Do you wish that you had more drive?

Do you wish you had more focus to go out there and drive things forward? Well, I'm not surprised in the least. How's your get up and go, got up and gone?

Well, the reality is we live in a world of instant notifications, instant gratification and cheap dopamine, which is the biggest risk to our society, much bigger than artificial intelligence. In this podcast, I'm going to take you through the blueprint to understand how dopamine drivers work in your body and how you can artificially and naturally control your dopamine spikes, increase your productivity, drive your performance by doing very little. This is more about what you don't do than what you do.

If you want to increase your positivity, drive, and productivity, then this is a blueprint for you. Dopamine drivers are the thing in your body that actually gets things going. People think that dopamine is about enjoyment and satisfaction, it really isn't.

Dopamine is what's called the motivation molecule, and it's the thing that makes you want to do something. It's not the fact that you've done something, so when you eat and you enjoy eating, it's not the flavor and the feeling and the satiation. The dopamine is the hunger, it's the drive, it's the things that get you going.

What we're going to do here is understand how it works, how you can apply it, and how you can actually increase your productivity and performance by actually doing less rather than doing more. The first thing to understand is that dopamine is very misunderstood. People think that it's a satisfaction, it's about happiness, it's about enjoyment, but they're more like endorphins or serotonin.

They're things that actually, when you feel good, it makes you feel, it releases that sort of endorphin feeling. Dopamine is different to that. They would be released at the end, whereas dopamine isn't even released at the beginning, it's released before.

If you hear your phone go off, dopamine is the thing that makes you want to answer it. It's not the beep, it's the waiting, it's the anticipation. If you've got an urge or a craving or an excitement to do something, that sort of feeling of desire, of motivation, of drive to go and do something, it could be good or it could be bad.

If you're craving a chocolate bar or you've got an anxious anticipation and looking forward to doing something, that's the dopamine that's making you want to do that. They used to, back in the day, give the big test about dopamine was when they gave mice or rats sugar or cocaine, they pressed the button which would release the dopamine. The dopamine was actually the anticipation and the excitement to get there, but then the sugar or the cocaine would actually stop the dopamine, if that makes sense.

The dopamine is actually the bit running up to it, and that's the thing we're going to work on and understand within this. When we talk about dopamine drivers, dopamine drivers are things that are in your body. They already exist in your body.

They're already there to help you do what you need to do, but the problem is we're natural beings, we're human beings, we're organic organisms. We're natural beings, but we're living in an artificial world. When you start to introduce things like sugar, cocaine, social media, news, Instagram, WhatsApp, notifications, emails, nicotine, anything, all these quick fix dopamine hits that actually stop you from doing anything significant because you get up and before you even have to think about doing any hard work, you're hit by all these things.

This is how to actually go past that and get it to work for you. The way to think about it is a dopamine driver is the things that get you going, make you want to do something. Let's say you have 1,000 dopamine drivers a day.

This is the thirst, the hunger, the drive to go out and do anything. It's basic human biology. What you've got to appreciate with those 1,000 dopamine drivers that you have each day when you wake up, you're going to spend them.

You've got two choices. Do you spend them on that natural dopamine spike or an artificial dopamine spike? If you wake up and the first thing you do is unlock your phone, which has got a multicolored screen which is designed to be addictive and seductive, and you're on TikTok, Instagram, Facebook, news sites, whatever, you're spending those dopamine drivers before you've even got out of bed.

Then you go downstairs and you smash a coffee with some sugar. Then maybe you have some breakfast. Then you flick through social media, then you put the telly on.

All of these things are using up your dopamine drivers artificially, whereas if you allow your natural drivers to come into force, you will see your productivity, your motivation, your drive increase. If you were to actually have a dopamine detox, which means no phone in the bedroom, no multicolored screen on your phone, no social media in the day, only have it in the evening, none of that quick fix stimulation, what you'd find is actually dopamine levels would increase. The danger in society nowadays is we can't get bored.

It's physically impossible to get bored because you've got whatever you want, whenever you want it. The biggest threat to society isn't artificial intelligence, it's cheap dopamine, it's sweets, it's junk food, it's social media, it's your phone, it's your laptop, it's everything that's going on that's there to distract you. If you actually remove that stuff and just try and do a weekend dopamine detox, no phone, no TV, no sugar, no news articles, no phone, all of these things that normally distract you, if you try and sit there and be bored, there's a great quote, I forget who it's from, and it says, all of man's problems would be solved if one could sit in a room on their own for an hour.

The reality is nowadays you don't have to be bored. The default is if you've got a spare minute, you're on your phone or you're reading an article or you're doing this, you're never bored. If you let yourself get bored, yes, initially you get bored, then you'll be a bit anxious and a bit twitchy.

After that, you'll be really driven and you'll start mowing the lawn and you'll start tidying the house and you'll start getting creative and actually it creates this whole drive to get you going again. That's how we want to use dopamine drivers. We want to use those thousand dopamine drivers to push us forward, not to just sit there consuming and getting nowhere.

If you were to be extreme about this and polarizing about this, you could say that the world is conspiring against you, society has actually been created to slow you down. If let's say, and I won't use any other country names, the conspiracies about other countries using cyber attacks to basically manipulate the way we think. If you were looking at the fast growth economies in the world, of which England, UK is not right now, and you're going to say that they were trying to attack us as a country to slow us down and stop us from being productive and driven and taking things to the next level.

And they were deliberately creating a space where they're trying to slow us down. What it would look like is basically what our society looks like. You go to a shop and 90% of stuff in a supermarket is inedible.

You go down the crisp and sweet aisle, it's bright purples, bright greens, it's sugars, it's sour this, tasty that, processed food, and it's like all of that stuff is there to slow you down. There's very little stuff in a supermarket you should probably actually eat. The result of this is that all of that distraction, it does slow you down.

It stops you from doing what you want to do. If you think about the bigger the fix, the bigger the hit, which is the same as anything, the difference between drinking a glass of water and drinking a pint of vodka or a pint of tequila, the bigger the fix, the bigger the hit. And if you're looking for a dopamine hit that's easy and big and quick, something like sugar or social media or porn or newspaper or email notifications, they would be using say 50 or 100 or 150 dopamine drivers a session.

And it's easy. You've not even left the house and you've had that hit. Whereas if you went the other way and started to look at salads and reading a fictional book or doing some productive work, the dopamine hit would be a lot lower.

It wouldn't be quick. It wouldn't be instant. It wouldn't be straight away, quick fix, instant gratification.

You would do the work and then after 30 minutes or an hour or 90 minutes, you would get the dopamine hit and the pride and the satisfaction of doing a really good bit of work. You don't get that from flicking through TikTok for an hour. I don't even have TikTok, but I see people use it and I can see why it's so addictive and why they're potentially thinking about abandoning it.

Ultimately, your body wants to get to a point of homeostasis. And we want to allow yourself, if you remove these high intensity dopamine hits, you'll realize that it will give you this new burst of motivation because you can't get motivated when you're out there doing it. A good mantra that I came up with is, if you think about your journey during the day as like a night out, you get together with your mates, whether you're girls or guys, you get together, get ready together, do your hair together.

Guys, you're probably standing downstairs in the kitchen together, having a beer, chatting about whatever you chat about. You have that sociable bit at the beginning of the night. Maybe you have a soft drink, maybe you have a couple of beers, and it just starts off very sociable, general chit chat, that's great.

Then you get to the bar and maybe we're stepping up a bit, maybe the gin and tonics come out and everyone's having a few drinks, the volume increases, the intensity increases, the noise increases, and it gets more intense. Then by the end of the night, when it's completely game over, then you smash the tequila. You're on the dance floor, you're doing porn star martinis and bottomless whatevers, slamming your tequila down.

It's the end of the night because after that, you're not good for anything. You don't remember going home, you don't remember getting off the dance floor. You wake up with a headache and then you start a new day.

When you can eat dopamine drivers, it's the same. There's nothing wrong with drinking tequila. There's nothing wrong with reading the news, well, debatably, or using social media, but those high intensity dopamine hits are there to be used at a certain time.

Same as tequila. Don't start your night with tequila. Don't start your day with social media.

If you want to have tequila, have it at the end of the night when all your energy's gone and you're checking out and crossing the finish line, if you like. Same with life. Don't wake up and start smashing all the quick fix dopamine and then wonder why it gets to 10 AM and you can't be asked to do anything.

Save those things that you want to do whenever you want to do them. We're all human. We want the sugar, the fix, the easy, whatever you want to call it.

Push it to the end of the day. Don't start your night with a tequila. And then appreciate as well, in the same way I was saying about this conspiracy, is you are an addict.

You are addicted to your phone. You're addicted to social media. You're addicted to whatever else gives you these dopamine fixes.

But we all are. That's the reality. And the only way that I can, just to close off, the only way that I can encourage you to experience it without it would be to do a dopamine detox.

And what you want to do here is take a period of time with no dopamine. So start off with a weekend or maybe just start off with a day. Say, right, today I'm not going to go on social media.

And you'll feel like you've lost a limb. You'll feel anxious. You'll be like, oh, I wonder what cats have licked the ice cream today that I haven't seen.

Initially, it will feel difficult. Of course it will. It's withdrawal symptoms.

You're an addict. It's sort of how the world works. Then halfway through the day, you'll start to feel, oh, you know, feel a bit more freer, a bit lighter.

And then you can go on in the evening and do your thing. Then maybe the weekend, do two days. And then just start to remove these quick fixes from your diet, if you like.

Remove the social media. Don't have your phone in the bedroom. Have your screen on the black and white mode, which I have.

You just triple click it on the side. Don't have it on full color. You'll find these little hacks to remove that.

Don't go on social media till the evening, et cetera, et cetera. And what you'll find is that when you remove all that quick fix sugar, tequila, dopamine smasher addictions, you'll become more naturally motivated. You'll become productive.

You'll get into Saturday afternoon and you'll wonder why, wow, the kitchen's spotless. The grass has been mowed. My bedroom has been cleaned.

My work has been done. I want to plan the week. I want to do this and I want to do that.

Because your natural motivation takes over and you're not being consumed by what everyone else is. All of a sudden, you're taking back control of your life. You've got freedom, motivation, and your dopamine drivers work for you rather than against you.

A few tips to finish off. One would be reset the bar and trust the process. Like I said, just try it for a day.

No phone for a day. No social media for a day. No porn for a day.

Whatever it is that you're addicted to that's giving you the quick hits, just park it for a day. See how amazing it feels. The second is it's all a game.

Set yourself a challenge for 28 days. And I guarantee if you're not really listening to the breakthrough blueprint, it's the same concept as that. 28 days, if you can not do something for 28 days, it goes from being a habit to a standard.

And habits, there's a reason there's good and bad habits because they come and they go. Rather than break the habit and then fall back into it, do it for 28 days and it'll become a standard. Make a game of it.

Have some fun and you'll enjoy it. The reality is as an addict, you're going to have withdrawals and it doesn't matter what this is. It doesn't matter whether it's drugs or nicotine or alcohol or whether it's social media, your phone, TikTok, WhatsApp, whatever.

You are an addict. Rather than removing it, try and replace it. So when you get up in the morning, rather than scrolling Facebook, get addicted to going for a walk first thing.

Rather than having a coffee with three sugars, have a pot of green tea. Rather than watching porn, read 10 pages of a book. Don't just try and remove it, try and replace it.

Replace a bad habit with a good one. When you have this controlled deprivation of a bad habit, anything that's killing your dopamine, what you realize it'll actually give you a natural high. Removing these things will actually give you a natural high when you do the dopamine detox and then observe the masses and do the opposite.

What we'll often do as addicts is we'll say, oh yeah, but so-and-so is doing that. That must be fine. Just remember that 99% of the population and society are not doing what they want and they're not where they want to be.

If you want to be in the 1% that is enjoying what they do and they're feeling control of their life and they're actually going where they want to go, you've got to observe the masses who are doing the 99% and do the opposite. And this is, obviously it depends where you are in your journey. But for me, it's things like only going on my work WhatsApp once a day.

Otherwise I'll be addicted to it. I'm in there all day. Having my screen on my private phone on black and white because I don't need it in color.

It's already distracting enough. Don't have phones in the bedroom. I haven't had a phone in the bedroom for years apart from if Sav, my partner's away.

I drink green tea. I don't drink anything else with sugar. I know what my bad habits are and I just try and keep them arm's length.

I don't drink during the week or sometimes I don't drink at all. But if I do drink, I try not to drink during the week because I know that it becomes a distraction. It becomes detrimental to my productivity.

Obviously, same as anything, when it's novel and you do it once, it's amazing. You know, oh yeah, I'm going to go and have a drink in the week or I'm going to have a slice of cake. I'm going to have a dessert with my dinner.

When you do it once and it's a one-off, it's not a bad habit. You might think of it as a naughty choice, but everything in moderation, including moderation, when it's novelty, there's not necessarily anything wrong with that. We're all human.

We're not robots. Things are here to be enjoyed. But when the novelty becomes the normal and actually it's three o'clock on any day of the week, it's time to have a drink.

Or I wake up and my first hour is scrolling through social media. If I wake up in the night, I can't get to sleep until I've listened to whatever, you know, I've watched a video on, I've watched an hour's worth of TikTok. Anyway, you get the message.

This is, this is the aim of the game. And it really is just time for you to take control of the things that control you. And it's easier said than done.

I get it. I can tell you from seeing the benefits of this and having mastered seeing my life go up and down and round and round by getting this wrong, give it a go, enjoy it, get some benefits from it. You have absolutely nothing to lose and everything to gain.

So dopamine drivers, dopamine detox, the motivation molecule, go out there, have some fun, enjoy it, play with it. Don't take it too seriously. Try half a day, a day, then try a weekend and see, you know, success and failure with this is very predictable.

See what impact it has on your life. See you on the next podcast. I hope you enjoyed this blueprint podcast episode.

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