

## Step-by-Step Dopamine Detox Guide

### **1. Pick Your “Detox” Activities**

Make a short list of things that overstimulate you. Common ones are:

- ✓ Social media / phone scrolling
- ✓ Video games or binge-watching
- ✓ Junk food / constant snacking
- ✓ Online shopping

👉 Choose 1–3 to take a break from. (Don’t overwhelm yourself by cutting everything all at once.)

### **2. Set Your Time Frame**

Start small: try 24 hours. If that feels good, expand to a weekend or even a week.

Remember: it’s not forever—you’re just giving your brain a breather.

### **3. Plan Replacement Activities**

You’ll want to fill the space with low-stimulation, nourishing activities. Examples:

- ✓ Reading, journaling, or sketching
- ✓ Going for a walk or light exercise
- ✓ Cooking a homemade meal
- ✓ Meditation or breathwork
- ✓ Talking with family or friends

This way, you’re not just sitting around “missing” your old habits.

### **4. Remove Temptations Ahead of Time**

- ✓ Put your phone in another room or use an app blocker.
- ✓ Hide or give away snacks you don’t want to eat.
- ✓ Log out of accounts that trigger mindless browsing.

Making bad habits inconvenient = instant success boost.

### **5. Stay Present During the Detox**

When you feel the urge to reach for the phone or snack:

- ✓ Pause.
- ✓ Notice the feeling.
- ✓ Replace it with your planned activity (like journaling or a quick stretch).
- ✓ You'll start to notice how automatic some behaviors have become—and that awareness is powerful.

### **6. Reflect Afterwards**

At the end of your detox, ask yourself:

- ✓ What did I miss the most?
- ✓ What wasn't as hard as I thought?
- ✓ Did simple activities feel more enjoyable?

You'll learn a lot about what you actually want in your life versus what's just noise.

### **7. Reintroduce Wisely**

You don't have to quit everything forever. Instead, bring things back in moderation:

Maybe 30 minutes of social media instead of 3 hours.

Treats once in a while, not daily.

The detox resets your baseline so you can enjoy these things without being ruled by them.

💡 Tip: Make dopamine detoxes a regular practice (once a month or even a half-day every week) to keep your brain sharp, calm, and appreciative of life's simple joys.