

EXERCISE: Build Your Dopamine Menu

Fill in 3-5 items for each category that actually work for YOU

APPETIZERS (1-5 minutes)
Quick dopamine hits to get unstuck

1. _____
2. _____
3. _____
4. _____
5. _____

Examples: one song, stretch, fresh air

ENTREES (10-30 minutes)
More substantial re-regulation

1. _____
2. _____
3. _____
4. _____
5. _____

Examples: walk, shower, snack, quick hobby

SIDES (while working)
Stimulation you can add while doing the task

1. _____
2. _____
3. _____
4. _____
5. _____

Examples: music, fidget, gum, cozy drink

DESSERTS (use carefully)
High dopamine - harder to stop once started

1. _____
2. _____
3. _____
4. _____
5. _____

Examples: scrolling, shopping, rabbit holes

Tip: When you feel stuck, pick ONE item, do it without guilt, then try starting again.