

Dopamine System — Why Your Brain Is Addicted (and How Fast You Can Fix It)

First off – I don't write about things I don't know about. Everything is well researched science backed, self tested-experienced and also other peoples experiences.

ILLUSTRATIONS AT THE BOTTOM!!

Dopamine isn't the pleasure chemical as some people say it is. It's the motivation, craving chemical which tells your brain what to chase. Screen, junk food, doomscrolling etc. They all hijack the system and have 1 thing in common: Spike high and fast but crash even harder.

The Spike–Crash Problem

When you stare at a screen:

- Dopamine spikes **fast and high**
- Your brain says: *“THIS is valuable”*
- Then dopamine **drops below baseline**
- Now normal life feels dull, flat, pointless

Since it takes no effort, it's just effortless dopamine for your brain. But it also leaves you feeling like a wet rag by afternoon. It's not that reading and working is boring, it's that your dopamine is below baseline and work requires effort.

Dopamine Baseline

Over time, your dopamine baseline decreases, and everything will feel more dull and boring. Activities that should make you happy don't anymore, then comes the mental health issues. But as dramatic as it sounds, they can be fixed very easily if you're dedicated to.

The first days of the detox are very hard, but after the first few days screen time doesn't even make you happy, work, reading and normal activities will be your way of making you happy (addictions work the same way.) and your mental health will increase.

Now, If you want to fix yourself I can only help you by providing info. You need to push yourself to your limits and do everything you can if you want to change, *so here's the solution:*

1. After you're done with this, read my other file **“Self-Narrative: How Your Words Shape Your Brain”**

Reading that will make your job and life easier, the 2 things work together (Or destroy together)

2. After you're done reading this, take notes about what you remember, with your own words. This helps all this new info you read burn into your brain. Your words stick better with you.
3. Write out what you're dealing with. Now write 3 ways you could get over them and also how your life will improve if you get over them. Rip the paper into 2, only leave the solutions and your life on it then promise to yourself you will stick by it.

4. Eyes on the prize: Every time you're tempted remember how your life could look like if you just pushed yourself now. A bad habit or an addiction usually SERIOUSLY weakens in just days.

5. And if you're a Christian, ask God to help you. Ask God to give you ease. Give your problems to him and trust him, every hardship is something you learn from, Jesus doesn't torture you for no reason. Repent, lock in with him, read my files about Christianity, might help a ton.

[Matthew 16:24-26](#)

“Then Jesus told his disciples, 'If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?’”

