



## Dopamine Detox to get financial freedom at early age (3 mins read)

### Description

In this era of social media (Instagram reels, YouTube shorts, and TikTok videos), almost everybody is unable to focus on productive work for a longer duration. If anybody opens a Shorts video, watches it, and then moves to the next one and then the next one. The time they come out of it finds that many of their precious hours have gone waste. You know what happens after that, utter non-fulfillment and disappointment. You become sad instead of happy.

### Do you know why it happens?

There is a [feel-good neurotransmitter Dopamine](#) sometimes also called the 'Pleasure hormone'. It is released when we eat food and have feelings of pleasure as part of a reward system. This chemical release influences behavior. High release (overstimulated) makes important tasks appear relatively hard, making them dull and boring. Because you are overstimulated with high dopamine release activities such as Social Media addiction.



**But worry not, spend only 3 mins reading this article** that is nothing but powerful excerpts from the book **Dopamine Detox by Thibaut Meurisse** which will change your life. You will become more productive at your work. And, you will have more focus on the activities that are more important to your financial success.

## What is Dopamine Detox?

It is being less stimulated i.e. taking a break from pleasurable activities for a certain amount of time and focusing on your high-productivity key tasks. There are multiple types of dopamine detox you can do (48 hours, 24 hours, or Partial detox).

In Dopamine detox, you list out key tasks that you wanted to do. You focus on those key tasks only, by removing distractions or adding friction to your distractions. Like a bad Smoking habit, have a trigger [Trigger – That Post lunch break Cigarette Corners / Those friend/colleague circle who smokes] so as **good habits** too. Therefore, find a trigger for your desired behavior/habit, trigger may be sitting at your study table at your scheduled study time even if your lazy brain does not want to study.

You can also go for a complete 48 hours or 24 hours detox wherein you don't allow undesired behaviors to come to you at this time or you fix a time slot for those behaviors purposefully for like 20-25 minutes. But we find that it may not possible for you these days to go for complete detox because distractions have become part of our normal routine, you can go for partial detox for some time.

## How to do Dopamine Detox?

### Step 1: List out all of your unwanted behaviors & desired behaviors

#### Unwanted behaviors

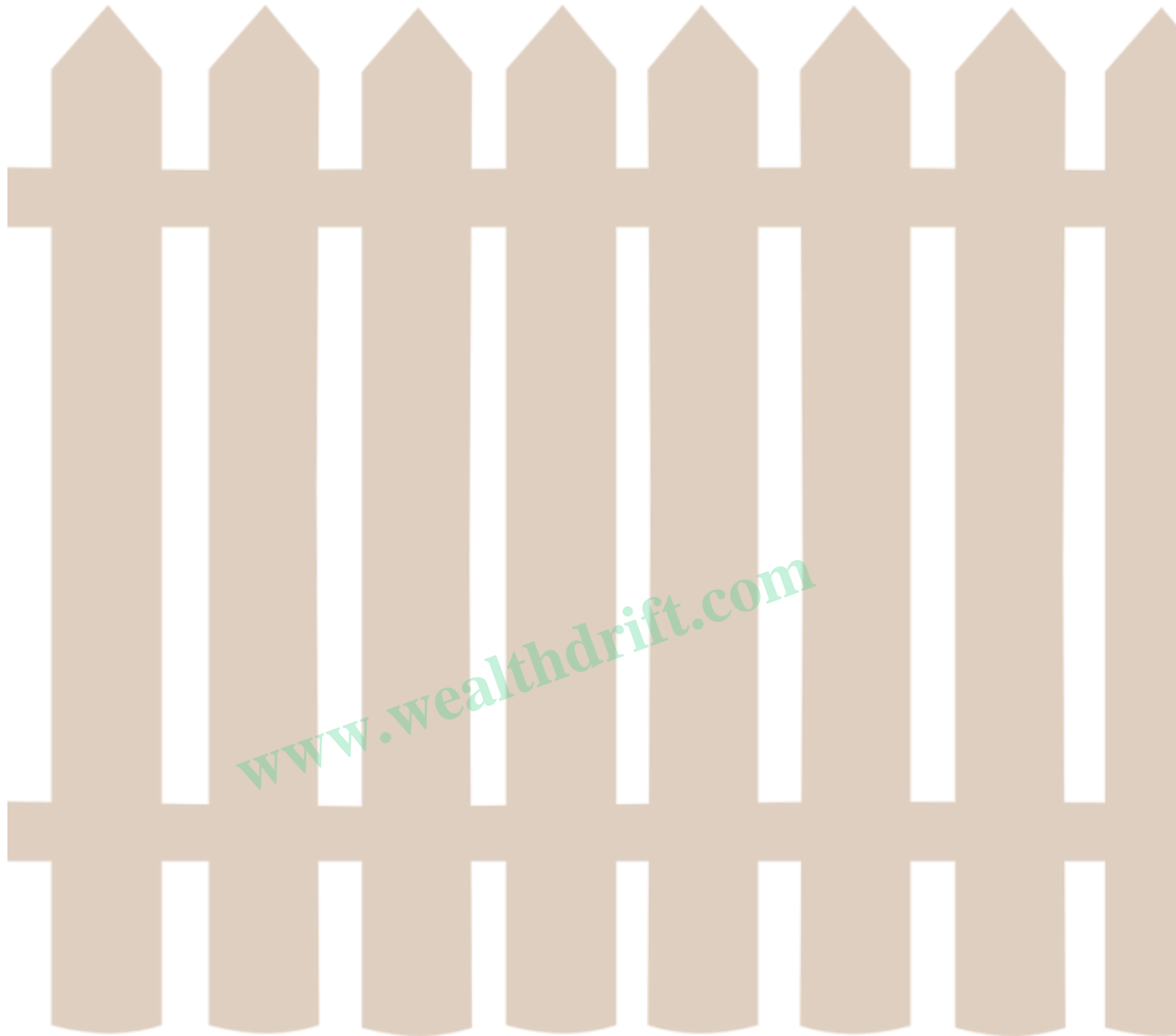
- Social Media Shorts / Reels
- Unwanted multi-tasking
- Checking notifications again & again
- Smoking habit

#### Desired behaviors:

- Business related tasks
- Study for Board exams or Competitive exams
- Office Work

### Step 2: Add friction to unwanted behaviors and remove friction from desired behaviors

You can **add friction** like if the phone is your distraction. Then just keep your phone in a place which is not easily accessible, maybe in your cupboard or in another room. Because our mind is lazy, it does not like to do tough work. As it will not tell you to stand up, go to another room to bring the phone, at least for some time.



**Removing friction** becomes quite easy if you plan it early before doing actual work. You can remove friction by keeping your books near to you, and your Laptop in a place that is easily accessible to you.

### **Step 3: Get started with the work**

Without wasting further time, just get started with the productive work that will bring actual happiness to your life. Focus on doing key tasks consistently for straight 45 mins as suggested by author **Thibaut Meurisse** to develop laser-sharp focus.

**You can do one of the following to maximize the result of Dopamine Detox**, to prevent overstimulation. These activities will help cultivate “here-and-now” neurotransmitters (Endorphin, Oxytocin, or serotonin). These neurotransmitters, unlike Dopamine, make you more calmer and more present and avoid the risk of being overstimulated.

- **Meditation** – Close your eyes and focus your attention on breathing. Or you can focus on one of your five senses (touch, hearing, sight, smell, and taste).
- **Mindfulness** – It is being aware of what’s going around you and inside you. You can focus on your body and observe sensations from head to toe.
- **Stretching** – Exercising a little bit helps relax your body and makes you be more present.
- **Boredom** – Do nothing, eat in silence or walk with no destination in mind.
- **Social interactions** – Interact with other humans to release Oxytocin (also sometimes called ‘Love hormone’) to make you feel more present.
- **Contemplative Walking** – Go for a walk and hear birds singing. Feel the wind blowing on your face. See things as if you are watching it for the first time. Smell aromas you’ve never smelled before.

### Most powerful tip to avoid distractions

Pen & Paper are your biggest weapon to fight distractions. Just write down distractions on the paper. Maybe you want to watch Reels just jot it down ‘Want to watch reels’. This powerful tip will relieve your mind that incoming unwanted thoughts/desires to do something unfruitful.



Dopamine Detox will not only make your life better in terms of personality development but also in achieving financial goals. At last, nothing will work, if you do not work. Therefore, do your first Dopamine Detox and see desired results for fulfillment, be it preparing for competitive exams, getting a better job, or [earning more money](#).

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1. Book Summary
2. General

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