



Recognizing Which Behaviors Are Driven By Dopamine

Dopamine is a neurotransmitter that drives us to continue specific, familiar behaviors. It also lights up when we anticipate those activities happening in the future.

When we do a behavior over and over again, we create a neuro-net that demands that the pattern continue; dopamine pushes us to seek MORE.

Learning to recognize when dopamine is driving your behavior – or preventing you from establishing new behaviors – can be really useful in making changes in your life.

This worksheet will help put your Smart-Responsive Brain back in the drivers seat.

- 1 What is your dopamine-driven behavior, that you want to diversify away from in order to create space for other activities that support what is really important to you?
- 2 Practice recognizing when dopamine is at play. Just because you can name it when you're away from the behavior, doesn't necessarily mean that you'll recognize it when you're in the middle of it. When do you see dopamine popping up?
- 3 When preparing to make changes, it's helpful to focus on **adding diversity** instead of trying to abolish a comfortable pattern.

What are 5 things you can do during the time currently dedicated to the dopamine-driven behavior?

1.	4.
2.	5.
3.	

Remember that you may need to do these new things a half dozen (or more) times before your brain stops pushing back, demanding that you return to the old behavior pattern.

- 4 Keep notes about the changes you're making, so you can recognize incremental progress.

Activity that I'm diversifying away from: _____

Date & Time	What did you do instead?	How did it feel?

- 5 Writing things down, naming things to others, or committing to others that you're making changes all help you succeed. What helps you take small steps forward?

