

— 14-DAY —

DOPAMINE RESET PROTOCOL

Unplug Your Brain from the
Chaos in Just 14 Days



*With
Dennis & Becca*

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14-Day Dopamine Reset Protocol

Two Weeks to Break the Loop and Rebuild Control

If you're here, you're not looking for a quick tip or a cute morning routine. You're here because you're tired of being pulled around by cravings, distractions, and the constant itch for something new—something that never actually satisfies.

The **14-Day Dopamine Reset Protocol** is not about perfection. It's about breaking the cycle.

It's a progressive, step-by-step plan designed to quiet your brain's constant demand for stimulation, reset your reward system, and rebuild the self-control you thought you'd lost.

Here's what makes it different:

- We're not cutting everything at once. We strip it back in layers—so your brain can actually adapt without panic.
- You'll understand the neurobiology of dopamine—why you feel stuck and how to work with your brain instead of against it.
- You'll run a digital and dietary trigger audit to expose the hidden inputs that keep you hooked.
- You'll set up a long-term relapse prevention plan so you don't just reset—you stay free.

It's only 14 days. But they're not casual days. They're intentional, uncomfortable, and absolutely worth it—if you show up.

This is the line in the sand. Two weeks from now, you could still be in the same loops... Or you could be standing on the other side with a quieter mind, a sharper focus, and a freedom you haven't felt in years.

It starts here.

DAY 1: The Dopamine Loop

You're Not Lazy. Your Brain's Just Wired This Way.

This reset is not about “*becoming more disciplined*” or “*finally getting your life together*” through sheer willpower. If that worked, you wouldn't be here.

What we're dealing with is a rewired reward system—a brain that's been flooded, poked, and hijacked by constant dopamine hits from technology, sugar, noise, novelty, and instant relief. Not because you're weak. But because you're human, and your brain has one job: move toward pleasure, avoid pain.

The problem is, in today's world, pleasure is everywhere—and it's cheap. Easy. Endless.

Your brain wasn't designed for that.

Here's the basic rundown:

- **Dopamine is not the “pleasure chemical.”** It's the motivation chemical. The thing that drives you to seek, scroll, eat, check, chase. The promise of the reward — not the reward itself.
- Every time you chase that hit—whether it's Instagram, caffeine, YouTube, sugar, or that fourth Amazon tab—you teach your brain: **“This is how we feel okay.”** Over time, your baseline shifts. You feel less motivated without stimulation. You get irritable. Foggy. Restless. Bored. You crave more, and you feel less.

That's the loop.

And today — we start interrupting it.

Your Action Step Today: Identify and Cut One Passive Dopamine Source

Don't try to fix everything at once. Just pick one source of passive dopamine you know is draining you. Be honest.

- TikTok?
- YouTube shorts?
- News apps?
- Reddit rabbit holes?
- Mindless scrolling?

Choose the one that owns you the most. And cut it — for the next 24 hours. Not forever. Just today. You're giving your brain a breather.

Why This Works

Cutting a single source won't fix your brain overnight. But it disrupts the loop. It tells your nervous system, *"Hey — we're not running to that today. We're sitting in the quiet."* And the quiet will feel uncomfortable. Good.

That means it's working. You're not depriving yourself. You're de-conditioning a reflex. The goal isn't punishment. The goal is freedom.

Journal Prompt for Today:

Where in your life are you chasing relief, not actual reward? Write it out. Not in bullet points. In sentences. Be honest with yourself. Where are you clicking, eating, scrolling, or numbing — not because you want it, but because you don't want to feel something else? That's the loop. You've seen it now. And today — you start breaking it.

Optional: Hard Mode

No video content at all for 24 hours. Not as a punishment. As an experiment. See what happens when you let your brain breathe.

Are you ready for **Day 2: Digital Audit – What's Owning You?** We'll go deeper into the what and why behind your digital loops — and begin building your personal distraction profile.

DAY 2: Digital Audit – What’s Owing You? You’re Not Addicted to the Screen. You’re Addicted to the Escape.

I’m not going to sugarcoat this.

You don’t keep checking your phone because you’re curious.

You check because it gives you a quick exit.

From boredom. From stress. From something deeper you don’t want to sit with.

That’s what we’re auditing today.

Yesterday, you cut one major source of passive dopamine. That alone starts to clear the fog. But today, we’re pulling back even more— not just what you use, but why you use it.

You’re not going to throw your phone in a lake.

You’re going to take inventory. Like a grown man. Eyes wide open.

Why This Matters

Most people don’t realize how often they reach for their phone. Even fewer realize what they’re running from when they do.

If you want to stop being controlled by your cravings, you need to understand them.

Clarity before control.

This is about recognizing the patterns—because if you can name it, you can stop being owned by it.

Action Step: List Your Top 5 Digital Time Sinks

Take 10 quiet minutes and ask:

- “Where does my time go — when I’m not even thinking about it?”

Your phone’s screen time feature is a great place to start. Be honest. No shame. Write down your **Top 5** most-used apps/sites. Then next to each one, give it a **1–10 rating** based on how much it drains you mentally and emotionally.

- 1 = “Honestly leaves me feeling better.”
- 10 = “Completely fries my brain, leaves me empty or anxious.”

Here’s what you’re likely to notice: The stuff you use the most often is usually the stuff draining you the hardest. Now you see the tradeoff in real time.

Journal Prompt for Today:

What emotional payoff are you getting from each of those apps? Go beneath the surface:

- Are you scrolling Instagram for connection — or for comparison?
- Are you watching YouTube for entertainment — or to avoid what you should be doing?
- Are you checking the news for awareness — or for outrage?

Get real. You’re not a machine. Your brain is looking for relief. But relief doesn’t mean peace.

Optional: Hard Mode

Pick **three** of your top time-wasters and either:

- Delete them temporarily
- Move them off your home screen
- Set app limits (and stick to them)

Don’t overthink it. This is about friction. Making the autopilot less automatic. You’re building awareness now — and that’s power. You’re not drifting anymore. You’re watching.

DAY 3: Replace, Don't Just Remove

If You Don't Fill the Gap, the Loop Comes Back

You've started pulling things out of your life. That's good. That's necessary.

But here's the part where most people mess up a dopamine fast:

They take away the junk and... just try to suffer through the silence. That never works.

Because dopamine wasn't the enemy — it was just being overfed.

Your brain still needs motivation. Still needs reward. Still needs movement.

If you remove the bad without replacing it with anything good, your brain panics.

It goes right back to the loop.

So today is about replacing, not just restricting.

Here's the Why

Your brain is designed to seek stimulation. That won't stop.

But you can shift what kind of stimulation you give it.

You don't need to cut off all pleasure. You just need to stop spiking it every 10 minutes with cheap stuff that gives you a quick hit and leaves you empty.

Today, we're going to introduce low-dopamine, high-return activities back into your rhythm — things that actually build you, not just numb you.

Action Step: Pick 2 Replacement Activities

Choose two activities from the list below (or come up with your own) that you'll intentionally use today instead of grabbing your usual crutch.

Here's the rule: it must be quiet, low-input, no screen, and actually nourishing.

Some ideas:

- A 10-minute walk with no phone
- Reading one chapter of a physical book
- Stretching or light mobility work
- Journaling about your current state
- Prayer or quiet stillness
- Deep cleaning a small area
- Sitting on your porch or in the sun, just breathing

Choose two. Actually do them. Even if you don't feel like it. (Especially then.)

Pro Tip: Stack Your Environment

- Put your book on the table.
- Lay the journal out on your desk.
- Put your walking shoes by the door.
- Make the right thing easier to grab than the wrong thing.

Journal Prompt for Today:

What did you do instead of giving in to your usual loop—and how did it feel afterward?

Not “*was it exciting?*” or “*was it life-changing?*”

Just—did it quiet your mind? Did it give you a pause instead of a spike?

Compare the feeling you had after your replacement activity to how you usually feel after your digital hit. Be honest.

Optional: Hard Mode

Block all social media today. No *“just checking.”* No silent scrolling.

Every time you feel the urge — reach for your replacement instead.

Even if it feels dumb or uncomfortable at first. The feeling isn't the point — the retraining is.

This is where you begin building the new rhythm.

You're not just unplugging — you're rebuilding.

And that's how you make this last.

Are you ready for **Day 4: Dietary Audit – The Hidden Hits**, where we'll shift focus to the foods that are quietly wrecking your focus and mood.

DAY 4: Dietary Audit – The Hidden Hits

It's Not Just the Screen—It's What's on Your Plate

When we talk about dopamine overload, most people go straight to phones and social media. And sure, those matter. But there's another silent, daily contributor to the cycle: **what you eat**.

Or more specifically—what you eat when you're not really hungry, what you crave when you're stressed, and what you reach for when your brain just wants a quick fix.

Because food isn't neutral. And in today's world, it's not just about nutrition—it's about **neurochemistry**.

Here's What You Need to Know

Certain foods light up your brain like a slot machine:

- Sugar
- Caffeine
- Processed carbs
- Energy drinks
- Ultra-flavored snacks (chips, sauces, chemical-loaded "treats")

These don't just fill you.

They **stimulate** you.

They give you a dopamine bump—quick, sharp, and temporary. And your brain learns to chase that. Especially when it's tired, bored, anxious, or low on real reward. This is why you find yourself opening the fridge five times a night. It's not because you're hungry. It's because your brain is asking:

"Can I please feel something better than this?"

Action Step: Track What You Eat Today — And How It Makes You Feel

No calorie counting.

No guilt trip.

Just awareness.

Here's what to do:

1. Keep a log of everything you eat or drink today (yes, even the sips and snacks).
2. Next to each item, jot a quick note about how you feel 20–30 minutes later.
 - Energy up or down?
 - Mental clarity better or worse?
 - Cravings triggered or reduced?

You're looking for **cause-and-effect**. Not just what you ate — but what it did to your mind.

Journal Prompt for Today:

When are you most likely to eat for relief, not for fuel?

Be honest. Are you snacking mid-afternoon to break up the boredom?

Drinking caffeine just to feel focused?

Reaching for sweets when you feel stuck, anxious, or overwhelmed?

What are you avoiding when you eat like that?

Optional: Hard Mode

No added sugar or caffeine today.

You'll probably feel it—headaches, fatigue, maybe some irritability.

That's the system clearing.

Don't run from it. Ride it out. Let your baseline reset.

A Heads Up

You're not trying to become a food monk.

This isn't about eating "*perfectly*."

It's about recognizing which foods are keeping your **brain overstimulated** and your attention scattered.

When your blood sugar swings and your dopamine spikes, your cravings take over. And when your cravings run the show, your discipline doesn't stand a chance.

So today, just watch.

No judgment. Just observation.

You're doing the hard work now—zooming out to see the whole picture. Digital is only part of the story. Now we're getting into the physical patterns that reinforce the chaos loop.

Are you're ready for **Day 5: The Crash (Prepare for It)**.

It's not fun, but it's one of the most important days of the whole reset.

DAY 5: The Crash (Prepare for It)

The Low Is Coming. That Means It's Working.

You've cut some dopamine hits. You've added slower, quieter input. You're watching what you eat and how you react. And now your brain is realizing...

"This isn't just a short break. We're really doing this."

This is when the crash usually shows up. Maybe it already has. That irritability. That weird mental fog. The impulse to just do something—anything—to feel normal again.

This isn't failure. This is chemical recalibration.

Here's What's Happening

Dopamine is like a thermostat.

When you spike it all the time, your brain turns down sensitivity to balance things out. When you suddenly stop flooding it—your brain doesn't know what to do. It hasn't caught up yet.

So you feel:

- Tired
- Unmotivated
- Anxious
- Bored out of your mind
- Restless, but too foggy to act on it

This is the withdrawal phase of stimulation—not addiction in the clinical sense, but dependency on the constant buzz.

And it's uncomfortable. But don't panic. Don't run. Don't self-diagnose. This is exactly where the reset starts working.

Action Step: Make a “Low Moment” Playbook

You’re going to create a **go-to list** of slow relief tools you can use when the crash hits. Things that soothe, not spike.

Here’s how:

- Make a list of 5–7 things you can do that calm your nervous system without stimulating your brain.
 - A warm shower
 - A walk outside
 - Reading Psalms or Proverbs
 - Power nap
 - Deep breathing
 - Journaling
 - Cleaning something
 - Stretching
 - Prayer in silence
 - Listening to instrumental music
- Post this list somewhere visible—fridge, lock screen, bathroom mirror.
- Today, when the low hits, use the list. Not your phone. Not caffeine. Not food.

The goal isn’t to “*feel amazing.*” The goal is to train your body and mind to sit in discomfort without chasing a hit.

Journal Prompt for Today:

What does discomfort usually make you run toward?

And what might happen if, just for today, you didn’t run?

What could be on the other side of sitting still—of not giving in?

Optional: Hard Mode

Put your phone in another room for at least 6 hours today.

Don't obsess. Don't clock-watch. Just give your brain time to stop reaching, stop checking, stop reacting.

Let your nervous system breathe.

You're not broken. You're rewiring.

The crash isn't the bottom — it's the beginning of a new baseline.

Sit in it. Let it pass. You're getting stronger right now.

Are you ready for **Day 6: Digital Audit – The Subtle Stuff** — because not all distractions are obvious, and some of the worst ones look like *“being productive.”*

DAY 6: Digital Audit – The Subtle Stuff

It's Not Just the Big Apps. It's the Background Noise That's Owing You.

You already know the usual suspects: TikTok, Instagram, YouTube, Netflix.

But let's talk about the **other kind of distraction**. The one that feels productive. That feels necessary. That sneaks under the radar.

I'm talking about:

- Notifications
- Text threads
- Email refreshes
- Constant news updates
- Background podcasts
- “Just checking” your calendar
- Slack messages
- YouTube “learning” videos that never end

These don't hit you like a dopamine bomb – but they never stop. They create this low-level hum in your brain that keeps you in reaction mode, never fully focused, never truly at rest. And because they don't feel bad, you don't realize how much they're bleeding you out.

Why This Is Important

When your brain is constantly processing small inputs – alerts, badges, vibrations, dings – it can't fully enter deep work. Or deep rest. Or silence.

Even when you're not using your phone, if your brain thinks it might go off at any second, your nervous system stays tense.

So today, we're going to quiet the noise behind the noise.

Action Step: Shut Off All Non-Essential Notifications

Seriously. Take 10 minutes. Go into your settings.

Turn off:

- Social media notifications
- Email alerts
- News pings
- Text previews
- Group chat updates
- Random “engagement” nudges (likes, comments, friend suggestions)

Leave on what’s essential only.

Calendar reminders? Fine.

Family texts? Sure.

Everything else? Mute it.

And while you’re at it, close the 14 tabs you’ve had open since 2022.

Journal Prompt for Today:

What digital habits or inputs feel “normal” to you now—but are clearly exhausting your focus? What would it take to go one full day without checking any of those things?

Optional: Hard Mode

No phone use before noon today.

Nothing. Not even checking the weather.

Let your morning brain reset without input. The world will survive—and so will you. You’re not just quitting apps. You’re reclaiming space. Reclaiming silence. Reclaiming your right to be unavailable—to not react, to not reply, to not keep up.

You ready for **Day 7: Reset + Reflect**, where we’ll pause to look back at Week 1 and set the tone for the second half of the reset.

DAY 7: Reset + Reflect

You're Not Who You Were a Week Ago

Let's take a moment and acknowledge something.

You've already done what most people won't:

- You've interrupted the loop.
- You've started observing instead of reacting.
- You've started choosing instead of chasing.

That matters. Even if it's been messy. Even if you've slipped. Even if you've had moments where you thought, *"This isn't working."* It is.

You've started waking up to your own patterns. And that's the beginning of real control—not fake “grind” energy, but actual, grounded ownership of your mind and life.

Today's not about doing more. It's about seeing more clearly.

Why This Pause Matters

When you're in the middle of a reset, it's easy to miss the shift happening under the surface.

But every time you say no to a distraction...
Every time you choose stillness over stimulation...
Every time you feel discomfort and don't run from it...

You're teaching your nervous system: *"We don't need the hit to be okay."*

And that rewiring is subtle. It doesn't come with fireworks.

But it adds up.

Action Step: Look Back, Then Look Ahead

- Skim back through your journal or notes from the last 6 days.
 - What patterns are showing up?
 - What's draining you more than you realized?
 - What's helping more than you expected?
- Choose one digital and one dietary habit from this week to permanently downgrade.
- Not ban. Just downgrade. Take it out of the driver's seat.

Examples:

- "I'll only check email twice a day instead of 12 times."
- "I'll keep sugar for Saturdays only."
- "No phone in bed. Period."
- "Coffee stays, but no energy drinks."

Pick two that you can live with, long-term.

Journal Prompt for Today:

What's already changing—in your energy, your thoughts, your focus, your emotions? Don't look for perfection. Look for direction. Are you moving toward peace? Toward clarity? Toward control? That's the real win.

Optional: Hard Mode

Do a **12-hour digital fast** today.

Pick a window—say, 7AM to 7PM.
Turn your phone off. Put it away. Go analog.

Let your brain feel what it's like to just be, without grabbing a device every 8 minutes. It'll feel strange. And maybe boring. But it's also one of the fastest ways to reset your baseline. You're halfway there now. The fog might still linger, but you've stopped feeding it.

Are you ready for **Day 8: Slow the First Swipe**, where we'll start Week 2 by reshaping your mornings and winning the day before the chaos even starts.

DAY 8: Slow the First Swipe

Win the Morning. Win Your Mind.

Here's the truth:

Most people lose the day in the first 10 minutes.

Not because something bad happens. But because of one simple thing:

They check their phone. They open it “just to check the time” or “see one text.” And 45 minutes later, they've already lost control of their mind.

Sound familiar?

If the first thing your brain experiences every morning is noise, dopamine, alerts, information, images—you've already overloaded your system *before your feet even hit the floor*. Your brain doesn't get a chance to *wake up quietly*. It's instantly thrown into the loop.

That's what we're stopping today.

Here's Why This Matters

Your **prefrontal cortex**—the part of your brain that governs clarity, focus, self-control—isn't fully online the moment you wake up. It ramps up *slowly*. If you hit it with stimulation right away, your brain stays in **reactive mode** the rest of the day.

You feel rushed. Distracted. Behind. Frustrated. Even if “nothing bad” happened. So today, we shift that.

We protect the first 30–90 minutes of the day. Not with some productivity guru routine. But by simply not **letting the world in** until *you're ready*.

Action Step: Build a Low-Dopamine Morning

Here's the challenge: For the next 3 mornings, do not touch your phone, TV, computer, or any screen for at least 30 minutes after waking up.

(If you can stretch to 60–90 minutes, even better.)

Instead, replace it with 2–3 grounding habits that actually feed your brain and nervous system.

Examples:

- 10 minutes of silence or prayer
- Stretching or a short walk
- Reading Scripture or journaling
- Making your bed slowly and intentionally
- Drinking water before caffeine
- Thinking before reacting

You don't need a 2-hour morning routine. You just need a quiet space to let your mind come online without being hijacked.

Journal Prompt for Today:

What usually pulls you into reactivity in the first hour of your day?

What could shift if you created 30 minutes of protected space every morning — before the world gets a say?

Optional: Hard Mode

Put your phone in another room while you sleep. Use a real alarm clock if you need one. Start the day on your terms, not Instagram's. You don't need to be perfect. You just need to protect the parts of your day that matter most. This is how you regain margin. This is how you retrain your nervous system.

Are you ready for Day 9: Dietary Audit – Part 2, where we go deeper into how food affects your focus, your cravings, and your mental clarity.

Day 9: Dietary Audit – Part 2

Stop Eating on Autopilot

You probably already know that sugar crashes your energy. And caffeine can make your anxiety worse.

But today isn't just about knowing the science. It's about watching your own patterns in real time.

Because here's the truth most people don't say: It's not just what you're eating. It's why you're reaching for it.

A dopamine fast isn't just about stopping Instagram scrolls. It's also about catching that moment when you wander into the kitchen at 3PM, not because you're hungry—but because your brain's screaming, "I need something."

Why This Matters

You train your brain every time you give it what it craves instead of what it actually needs.

That 5-second snack you grabbed while stressed?

That's a *neural agreement*. It teaches your system, "*When things feel off... we eat.*"

Or drink.

Or chew gum.

Or grab caffeine.

None of those are evil. But when they're unconscious coping patterns, they become invisible drivers of your attention, energy, and emotional stability.

And until you recognize them, they'll keep sabotaging your reset.

Action Step: Track Your Top 3 Food/Mood Patterns Today

You don't have to log every bite—but pay attention to what sets off a crash or a craving.

Here's what to look for:

- **What did you eat or drink?**
- **How did you feel 20–30 minutes later?** (Physically + emotionally)
- **What was happening right before you reached for it?** (Stress? Boredom? Avoidance?)

Write down at least **three** moments today where food or drink triggered:

- Brain fog
- Craving
- Energy dip
- Emotional shift (snappy, tired, anxious)

Example:

- 2:15PM – Large coffee. Felt wired/anxious by 3PM. Reached for sugar soon after.
- 10:30AM – Grabbed crackers while avoiding work. Didn't help. Felt more foggy.
- 9:00PM – Ice cream after long day. Tasted good. Felt low 30 minutes later.

This isn't about guilt. It's about **getting honest**.

Journal Prompt for Today:

Where is your appetite driven by habit — not hunger?

What emotions are you trying to solve with food, caffeine, or sugar?

If you stopped eating to escape... what would you actually have to face?

Optional: Hard Mode

Cook every meal today.

No snacks. No takeout. No autopilot eating.

Just slow, intentional food.

Even if it's simple. Even if it's boring.

Make the act of preparing it part of your reset.

Today is about cutting ties with food as a shortcut to comfort.

You can still enjoy what you eat.

But you'll enjoy it more when it's not tangled up with distraction, guilt, or impulse.

Are you ready for **Day 10: Create a Low-Dopamine Morning**—where we build out a sustainable rhythm that helps you lock in your focus before the world gets to you.

DAY 10: Create a Low-Dopamine Morning

Start Slower, Stay Stronger

You've probably noticed it by now:

Your energy changes depending on **how you start the day**.

If your brain wakes up to chaos — notifications, sugar, noise — it starts fast but burns out faster. You get wired, then tired.

But if you start slow? With intention?

You build momentum instead of chasing it all day.

That's the move we're making now.

Not because it sounds nice—but because your **dopamine system needs it**.

Why It Matters

The first 90 minutes after you wake up shape your brain's rhythm for the entire day.

If that first window is quiet and steady, your dopamine baseline stays balanced.

If it's full of spikes (coffee, social, sugar, alerts), your brain starts chasing hits — nonstop — until bedtime.

The point of a low-dopamine morning isn't to be extreme.

It's to help your system wake up the way it was meant to.

Slow. Present. Undistracted. You're not optimizing. You're realigning.

Action Step: Build a 60–90 Minute Morning Launchpad

Here's what to do:

1. **No screens** for the first 60–90 minutes after waking. Period.
2. **No sugar or caffeine** until after that window (if at all).
3. Choose **3 activities** from the list below—and make them your morning routine for the next 3 days:

Examples:

- 10 minutes of silence or prayer
- Reading Scripture or a real book
- Journaling (a single page is enough)
- Stretching or light movement
- Drinking a full glass of water
- Going outside—even just on the porch
- Cleaning something small (sink, desk, counter)
- Breathing deep for 5 minutes
- Making your bed without rushing

That's it. No phone. No stimulation. Let your body and brain reset before the world demands your attention.

Journal Prompt for Today:

How do you usually feel in the first hour of your day? What happened today when you gave yourself margin instead of noise? What would it take to make this your new normal?

Optional: Hard Mode

Wake up and stay completely screen-free **until 10AM**. Protect that time like it's sacred. Because it is. You're not missing out. You're reclaiming your baseline—and every part of your day benefits. This isn't a morning routine to check off. This is a training ground for focus, peace, and presence. It's how you make self-control feel **normal again**.

Are you ready for **Day 11: Understand Craving States**, where we dig into the cravings themselves.

DAY 11: Understand Craving States

A Craving Is Just a Signal—Not a Command

Let's set the record straight: A craving doesn't mean you're failing.

It doesn't mean you're weak.

It doesn't mean you "need to fix something."

It just means... your brain is doing what it's been trained to do. Craving is your nervous system's way of saying,

"Hey, something used to give me relief here. Where is it?"

That's all. It's not urgent. It's not dangerous. And if you can stop reacting to it, you can actually start retraining it.

Why This Matters

The problem isn't the craving — it's the reflex to escape it.

To immediately "fix" it with something:

- A scroll
- A snack
- A video
- A hit of sugar or caffeine
- A little "just to check"

But when you pause, notice the craving, and don't obey it?

You teach your brain:

"This isn't an emergency. I can feel this... and keep going."

That's where the rewiring happens. You're not fighting the craving. You're letting it rise... and fall. And it will fall.

Action Step: Sit Through One Craving Today — Without Reacting

You only need one.

When that craving hits—whether it’s for food, your phone, a distraction, whatever—pause.

Don’t distract yourself.

Don’t panic.

Just... sit in it.

Name it:

- “This is craving.”
- “This is what it feels like to want a hit.”
- “It’s uncomfortable, but not dangerous.”

Then breathe. Five full breaths.

Watch it like a wave. Let it peak. Let it pass. Don’t give in.

Your job is not to fix it.

Your job is to ride it. One craving. One win.

Journal Prompt for Today:

What craving hit today—and how did it feel to watch it instead of obey it?

Did it pass?

How long did it last?

What came up in you when you didn’t reach for the usual fix?

This is the work. Write it all down.

Optional: Hard Mode

Every time a craving shows up today, name it and delay it by 10 minutes.

Don't promise you won't give in. Just say:

"I'll wait 10 minutes and see if I still want it."

Nine times out of ten — you won't.

This is one of the most important skills you'll learn.

Because cravings don't stop. But they lose power when you stop reacting to them like they own you.

You're learning to observe your mind instead of being run by it.

Are you ready for **Day 12: Relapse-Proof Your Triggers**, where we'll map out your real-world vulnerabilities and build your personal defense system.

DAY 12: Relapse-Proof Your Triggers

You Don't Need More Willpower—You Need a Plan

You've done the hard part. You interrupted the loop. You lowered the noise. You've seen that you can live without the constant hits... and maybe for the first time in a long time, your mind's starting to feel quiet enough to think again.

But here's the truth no one wants to hear: That old loop?

It's still sitting there.

Waiting.

All it takes is one tough day, one moment of boredom, one lazy *"I'll just check real quick,"* and boom—you're right back in it. Not because you're broken, but because **that's how habits work**.

They don't disappear.

They wait.

Why You Can't Just "Try Harder"

Relapse isn't a failure of character. It's usually a failure of structure.

Most people fall back into the loop because:

- They don't see the red flags early enough
- They don't know what to do when urges spike
- They tell themselves "I'll be fine," instead of prepping for the dip

So today, you're going to build a **relapse playbook**. Not because you plan to fail—but because you plan to stay free.

Action Step: Build Your “Trigger Defense Plan”

Take a few quiet minutes. No distractions. Then map out three simple things:

1. Top 3 Triggers: What reliably pulls you toward distraction, food, stimulation, or noise?

Examples:

- Boredom
- Social anxiety
- Emotional exhaustion
- Mid-afternoon slump
- Late-night loneliness
- Conflict avoidance
- Feeling like a failure

2. Red Flag Behaviors: What do you start doing right before a relapse?

Examples:

- Mindlessly unlocking your phone
- “Just checking” an old app
- Looking for snacks when you’re not hungry
- Pacing around
- Opening a browser without a reason
- Saying “screw it” to your routine

3. Pre-Loaded Grounding Actions: Pick 3 things you’ll do instead when you feel the slide. Make them simple. Low-bar. Something that slows your system down, not revs it up.

Examples:

- 3-minute breathing reset
- Step outside barefoot
- Read a Psalm out loud
- Ice-cold water on your face
- Do 10 pushups
- Text a friend: “Hold me to this.”

Write all three sections down. Keep them somewhere visible. Not for when life’s going great — but for when it’s not.

Journal Prompt for Today:

What has made you relapse in the past?

What lie did you believe right before it happened?

And what do you need to believe instead next time?

Optional: Hard Mode

Pick one person you trust and share your trigger plan with them.

Say:

“These are the three things I’m watching. If you see me slipping, ask how I’m doing.”

That one move could save you a spiral. Accountability isn’t weakness. It’s wisdom.

You’re not preparing for failure. You’re preparing to protect your freedom.

You ready for **Day 13: Reinforce the Long Game**, where we’ll choose the few practices that actually matter most—and that you’ll carry forward once the reset ends.

DAY 13: Reinforce the Long Game

Don't Just Finish Strong—Stay Free

You've done the detox. You've faced the cravings. You've interrupted the patterns that used to own you.

Now comes the most important move: **Decide what stays. And decide what goes.**

For good.

Because here's the thing most people get wrong about a dopamine reset: They treat it like a sprint. Like something you do for 14 days and then go back to life as usual.

But you know what "usual" leads to. You've lived it. This isn't about cutting things out forever.

It's about deciding, on purpose, what **you want your default life to feel like.**

Not perfect. Not controlled. Just clear. Grounded. Unhooked from the noise.

Why This Matters

Your dopamine system doesn't need a one-time purge. It needs a *new normal*. That means anchoring a few simple habits that:

- Keep you from spiraling
- Remind your brain what peace feels like
- Keep you rooted in the life you actually want

It's not about rigid rules. It's about knowing your non-negotiables.

So today, we lock them in.

Action Step: Choose 5 Practices to Keep (Minimum)

You're going to choose your **Long Game 5**— five daily or weekly habits from this reset that actually worked for you.

Habits that:

- You can stick to
- Make you feel calmer, sharper, more grounded
- Keep the cravings and noise from taking over again

Here are some examples:

- No phone for the first hour of the day
- No caffeine after noon
- Cold showers or cold water face splash daily
- One real conversation every day
- Journaling 3 times a week
- One scripture reading or Psalm a day
- Digital fast every Sunday
- 20-minute walk without audio
- Cooking meals from scratch 4x/week
- Only using social media on desktop (not phone)

Pick your 5. Write them down. Post them somewhere.

This is your new default.

Journal Prompt for Today:

What patterns do you *never* want to go back to?

What have you discovered about your baseline— that you didn't know before?

And what will it take to protect it, day by day?

Optional: Hard Mode

Block off 60 minutes today to design your “post-reset” schedule. Nothing intense. Just clarity.

Ask:

- When do I need the most protection from distraction?
- When do I feel strongest?
- What do I need built into each day or week to keep my head clear?

Write it. Map it. Commit to it.

You're not just finishing a reset.

You're shaping a new rhythm — one you can actually live inside of, not just survive.

Are you ready for for the last day? **Day 14: Lock It In, the final day** — where we seal it all together, not with hype, but with quiet clarity and purpose.

DAY 14: Lock It In

This Isn't Over—It's Just Finally Real

There's no dopamine parade waiting for you.

No fireworks. No shiny certificate.

Just you. A little clearer. A little calmer. A little more in control.

You're not perfect now. You're not "cured."

But you're present.

And that alone puts you miles ahead of where you started.

Why This Day Matters

Most people blow it right here.

They get to the end, feel good...

Then go right back to the old loops thinking,

"I've got this now."

You might. But you probably don't.

Because real freedom doesn't come from what you did for 14 days.

It comes from what you choose to keep doing when no one's watching. So today's about sealing it. Not with a hype speech—but with a decision.

You've reset your system.

Now... you protect it.

Action Step: Write Your New Rulebook

You've done the audit. You've tracked your food, triggers, cravings, and screen habits.

Now put it all together. Just for you.

Answer these 5 questions in writing:

1. What's staying gone for good?
2. What's allowed back in — but only with limits?
3. What rhythms (morning, food, phone, focus) do I need to protect?
4. What are the first signs I'm slipping back into the old loop?
5. What will I do — immediately — when I see those signs?

Don't overthink it. Just get it out of your head and into real space.

This is your reset contract. No fluff. No rules for the sake of rules.

Just the lines you draw to protect your freedom.

Journal Prompt for Today:

What's different now?

Not ideal. Not perfect. Just... different.

What do you notice about your cravings, your thoughts, your habits?

What have you proved to yourself over these 14 days?

And what would it mean to actually believe you're capable of lasting change?

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Optional: Hard Mode (Highly Recommended)

Recommit for 30 more days. Not a restart. A continuation. Same rhythms, fewer restrictions — but with all the clarity you've earned.

You don't have to start over. You just keep going — on purpose. Have a look at our **"Attention Recovery Map"** A 30-Day Guided Reset to Retrain Focus, Desire, and Self-Control

This Is Only the Beginning

If you made it through these 14 days, you've done something most people never will—you've faced the cravings, the boredom, the urge to quit, and you kept going. That's huge.

But this isn't the finish line. The dopamine loop doesn't vanish just because you completed the protocol. The old patterns are still there, waiting for the right mix of stress and distraction to pull you back in.

These two weeks were about giving your brain space to heal and proving you can live without constant stimulation. The real challenge now? **Keeping what you've built.**

If you drift back to old habits, you'll drift back to the old you. But if you hold onto even part of what you've learned here—protecting your environment, spotting your triggers, choosing slow wins over quick hits—you'll notice the difference. You'll think clearer. You'll feel lighter. You'll trust yourself again.

So don't treat this as an ending. **Treat it as Day 15** of a new way of living—one you fought for, and one worth protecting.

