

DIGITAL & DIETARY Trigger Audit



Find What's Really Feeding the
Loop (Then Cut It Off at the Root)

*With
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PART II

DIGITAL & DIETARY TRIGGER AUDIT

Find What's Really Feeding the Loop (Then Cut It Off at the Root)

Here's the truth most people avoid: You can do a dopamine fast. You can delete Instagram.

You can skip sugar for a week.

But if you don't know what's actually triggering your loops, you'll be right back where you started—just with a different flavor of chaos.

The goal isn't to temporarily behave.

It's to figure out what's been pulling you in, under the surface—quietly, consistently, and predictably.

That's what this audit is for. Not to make you paranoid. Not to give you more rules.

But to help you see the real pattern, so you can finally stop walking into the same traps.

Why It's So Easy to Miss Your Triggers

Most people think triggers are dramatic.

Some emotional breakdown. A big loss. An overwhelming day.

Sometimes, yeah.

But most of the time, your triggers are boring. Familiar. Invisible.



You don't even notice them because they've blended into your routine:

- That snack at 3PM when you're avoiding a hard task
- The "harmless scroll" when you're anxious but can't name it
- That YouTube tab that's technically educational but still takes you out of real life
- The "I earned this" treat that numbs the edge after a long day
- That fourth coffee that feels helpful but actually just delays the crash

And the more those triggers work—even a little—the more your brain memorizes them. The faster the loop gets. The harder it is to catch. That's why this process is important. Because you can't break what you're not even aware of.

PART 1: The Digital Audit

What's Constantly Interrupting You, Even When You Don't Realize It? Let's break it down. This isn't just about time spent on your phone. It's about what's pulling you out of your own head and into the dopamine spiral. We're going to walk through the categories. And yeah, you'll probably see yourself in more than one.

1. Passive Consumption Triggers

These are apps, sites, and habits where you don't even choose what you're seeing—you're just fed content, endlessly.

Examples:

- TikTok
- Instagram Reels
- YouTube autoplay
- Newsfeeds
- Reddit
- Facebook scrolling

What to look for:

- Do you open them automatically without thinking?
- Do you ever feel better after using them?
- Or just distracted... then drained?

2. Information Overload Triggers

This is sneaky. Because it feels productive. But it's still frying your brain.

Examples:

- Constant podcast listening
- YouTube deep-dives
- Tab hoarding
- Overlearning instead of doing

The giveaway? You're gathering more than you're acting on. Which means you're stuck in dopamine research mode instead of forward motion.

3. Social Distraction Triggers

Not always social media. Sometimes it's just digital connection overload.

Examples:

- Group chats
- Endless DMs
- Notifications from every app
- Feeling the need to reply immediately to everything

These create micro-hits—constant pings of dopamine. You feel needed, engaged, stimulated... but never settled.

4. Escape Loops

These are the digital habits you turn to when you don't want to feel something.

Bored? Scroll.

Anxious? Scroll.

Lonely? Scroll.

Tired? Scroll.

They aren't the problem. But they've become your escape, not your tool.

Action: List Your Top 3 Digital Triggers

Take out a journal or note app. Be brutally honest.

1. What do you open without thinking when you're overwhelmed, bored, or tired?
2. What makes you feel worse, not better?
3. Which apps or digital behaviors own you right now?

You can't change what you don't see.

PART 2: The Dietary Audit

What Are You Eating (or Drinking) That's Secretly Hijacking Your Focus + Energy?

You probably already know sugar isn't great. You probably already know caffeine overload isn't helping. But this isn't about good vs. bad. This is about figuring out what's disrupting your chemistry—so you can stop blaming yourself for being inconsistent, tired, foggy, or unmotivated.

Let's break it down:

1. Sugar + Processed Carbs

Fast dopamine. Short reward. Big crash. If you're snacking more than you're eating, if "treats" are part of your coping pattern, or if you feel tired and hungry all the time—it's probably sugar.

Hidden sources:

- Cereal
- Granola bars
- "Healthy" snacks
- Juice
- Sauces + condiments

Ask:

- Am I eating this because I'm hungry... or because I'm uncomfortable?

2. Caffeine Overuse

A cup in the morning? Fine.

But when coffee becomes the thing you reach for when your energy drops, it's not fuel anymore—it's a false reset.

More coffee means:

- More anxiety
- More blood sugar instability
- More dopamine rollercoaster

It's not just "*coffee jitters*."

It's stimulation stacked on exhaustion.

3. Processed Foods + Fake Flavor

Fast food. Packaged snacks. Instant meals. These hijack dopamine through hyper-palatable ingredients—salt, sugar, fat, chemicals.

They don't nourish. They spike. And the worst part? They trigger cravings later—because your body didn't get what it actually needed.

Action: Track Your Top 3 Dietary Triggers

1. What foods or drinks do you reach for when you feel off?
2. What "comforts" actually lead to more chaos after the fact?
3. What's part of your daily rhythm now that wouldn't be there if you felt fully rested and balanced?

Write it out. See it clearly.

The Real Goal of This Audit

You're not doing this to feel guilty. You're doing this to stop outsourcing your peace to distractions. This is where you pull back the curtain and admit:

- Yeah, I'm using food to cope.
- Yeah, my screen time is out of control.
- Yeah, I'm using stimulation to feel like I'm alive—but it's not working.

You can't fix it all today. But you can see it. And seeing it is the beginning of change.

Last Step: Create a "Trigger Hit List"

Make two lists:

Digital Triggers I'm Removing or Limiting:

(example: no YouTube before 3PM, notifications off, social only on desktop)

Dietary Triggers I'm Resetting:

(example: no sugar during the week, caffeine cut by half, water before coffee)

This isn't restriction. This is you taking your power back. You choosing what gets to have access to your brain.

You don't need more hacks. You need to pay attention. Because once you see your real triggers clearly, you're not at their mercy anymore. You stop wondering "Why can't I focus?" or "Why do I always crash mid-afternoon?" You already know.

And now?

You can do something about it.