

THE DOPAMINE FAST WEEKEND GUIDE

HOW TO RESET WITHOUT RUNNING
AWAY

*With
Dennis & Becca*

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BONUS III:

The Dopamine Fast Weekend Guide

How to Reset Without Running Away

There's a kind of UNPLUG THE CHAOS can't get from another to-do list or "break" that includes Netflix and DoorDash.

You don't need a detox. You need a pattern interrupt. A break from the constant stimulation loop.

But here's the thing most people get wrong: They go too hard (no screens, no food, no talking, no anything) — and then binge even worse when it's over.

This isn't about going off the grid. It's about giving your brain space to breathe. And learning to live without constant noise long enough to remember what peace even feels like.

Let's get into it.

Step 1: Schedule It (Don't Wait for "When Life Slows Down")

Pick a 48-hour window — ideally a weekend, or two consecutive days where you can be mostly unplugged.

Friday 6PM → Sunday 6PM works for most people.

Write this down now:

"My dopamine reset will be from _____ to _____."

(Make it non-negotiable.)

Now tell someone you live with or trust. You don't need permission. Just accountability.

Step 2: Decide What's OUT (Your Off-Limits List)

You're going to create space. Not punishment — protection. These are the inputs that hijack your dopamine, fry your attention, and train your brain to need constant hits.

Here's what's off-limits during the reset:

- Social media (Instagram, TikTok, Twitter, Facebook, etc.)
- News apps or doom-scrolling
- YouTube, Netflix, TV, podcasts
- Mindless phone use (checking things just to check)
- Games, apps, or even texting unless necessary
- Sugar binges, alcohol, or junk that numbs you out

Write yours below. Be honest:

"I'm cutting out these distractions for 48 hours:

-----, -----, -----."

This is going to feel itchy at first. That's withdrawal. Let it burn a little.

Step 3: Decide What's IN (Your Replacements)

You're not just removing chaos. You're replacing it with quiet, intention, and real joy. Pick 3–5 grounding activities ahead of time: **Ideas:**

- Go for walks — several. Outside. No phone.
- Read something slow. Paper, not screen.
- Sit in silence. Set a 10-min timer. Just be.
- Pray. Not to impress God. Just talk.
- Write things down (thoughts, prayers, fears, dreams).
- Move your body (no playlist, no hype — just movement).
- Cook something from scratch.
- Have a long, slow conversation with someone without checking your phone.

Fill in:

"Instead of stimulation, I'll spend my time doing:

- 1.
- 2.
3. -----"

Step 4: What to Expect (and How to Handle It)

You're going to hit friction. Fast. Here's what you'll likely feel in the first 12–24 hours:

- Boredom
- Anxiety
- The urge to “check” everything
- Irritation
- Guilt, restlessness, or mental noise rising
- A sense that you're wasting time

Here's what you do when that hits:

1. Name the feeling out loud. *“I'm anxious.” “I feel twitchy.” “I want to scroll.”*
2. Breathe. Sit in it for 3 minutes. You'll survive. Seriously.
3. Do one grounding thing. Walk. Pray. Journal. Move. Anything real.
4. Remember: You are not your urges. You're just detoxing.

Use this reflection as it happens:

“Right now I feel _____ because I'm not distracting myself. But that tells me _____ is trying to surface, and I'm strong enough to face it.”

Step 5: Debrief After 48 Hours

Don't just “go back” to normal. That defeats the purpose. Sit down and answer these before you reintroduce anything:

1. What did I miss the most?
2. What didn't I miss at all?
3. What felt harder than I expected?
4. What came up in the silence that surprised me?
5. What did I gain by being unplugged?
6. What will I keep doing moving forward?

Even if the weekend felt rough—you'll walk away clearer. Stronger.

Lighter. More grounded.

Optional: 7-Day Light Reset Afterward

Don't swing back to chaos. Ease in.

Post-fast rhythm (for the next 7 days):

- 1 screen-free hour each morning
- No social media after 8PM
- One "bored" hour a day: no screens, no input, just real life
- Read one real page before bed, every night

You'll keep the gains. You'll feel the difference.

Final Note:

This isn't about becoming anti-tech.

It's about learning to hear yourself again.

You're not escaping life.

You're removing the noise that's been keeping you from living it.