

# What are common dopamine releasing behaviors we should try to avoid?

October 24, 2018 | 108 upvotes | by [CypressSmallz](#)

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We commonly talk about addictive dopamine releasing behaviors that we should try to avoid or strictly limit such as: drinking, watching tv, sleeping in, etc.

What are other dopamine releasing behaviors that should be monitored?

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Archived from [theredarchive.com](http://theredarchive.com)

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## Comments

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[deleted] • 146 points • 24 October, 2018 01:57 PM

Porn. You don't want to end up as that addict who gets fired for looking at porn at work or imprints on some degenerate and/or impractical sex act.

Lego\_My\_Alter\_Eggo • 28 points • 24 October, 2018 04:58 PM

I am unable to confidently talk to women if I jack off to porn the night before. Admitting this to myself has helped me to stop watching porn, and it's resulted in me getting a date for the first time in a long time.

BlackVale • 3 points • 25 October, 2018 12:36 AM

I still don't know how to talk to women and I might watch once every three months

ChadTheWaiter100 • 1 point • 25 October, 2018 02:25 PM

Just one date or multiple?

Lego\_My\_Alter\_Eggo • 2 points • 25 October, 2018 02:35 PM

Just one for now. Baby steps.

ChadTheWaiter100 • 0 points • 25 October, 2018 02:46 PM

Bredda. What is your height, weight and body fat percentage? And what is your face on a scale of 1-10. I may be able to help you bredda.

Lego\_My\_Alter\_Eggo • 1 point • 25 October, 2018 04:45 PM

5'11 175 I'm not fat but my abs are decently hidden under fat. I've been working out lately and seeing gains. I have a symmetrical face. I'd say I'm attractive, but haven't ever applied myself

TehJimmy • 14 points • 24 October, 2018 02:43 PM

Any alternatives for someone who isn't getting any action and is on monk mode.

[deleted] • 24 points • 24 October, 2018 02:49 PM

There's always a good old imagination/shower session. Jerking off didn't begin with the advent of streaming video of course.

youareshandy • 12 points • 24 October, 2018 04:19 PM

Masturbation while standing became difficult after streaming video became more popular.

Ryzasu • 1 point • 24 October, 2018 08:09 PM

What's the difference between imagination and porn though and why is only porn harmful?

eccentricrealist • 10 points • 24 October, 2018 09:52 PM

Your reptile brain thinks it's successful in mating strategy therefore making you complacent

Ryzasu • 2 points • 24 October, 2018 09:53 PM

But why doesn't your brain think the same when jacking to imagination?

eccentricrealist • 6 points • 24 October, 2018 10:05 PM

No because you're not staring at dozens of different naked women

salamchik • 2 points • 25 October, 2018 03:54 AM

if you jerk off by fantasizing about real life woman then its fine. However, if you fantasize about porn its the same as watching porn.

mrheh • 1 point • 25 October, 2018 01:41 AM

Hold on, we can still beat off just not watch porn to do it? I really have to read more sidebar

eccentricrealist • 2 points • 25 October, 2018 04:49 AM

It's better, but I still wouldn't do it all of the time

fromdario 1 points 24 October, 2018 03:01 PM\* **[recovered]**

Take this with a grain of salt because I cannot remember where I heard it...

Apparently jerking off to the random attractive women you see / meet during the day is one of the healthiest ways to jerk off.

Let's say you see a cute girl in line at a coffee shop but you have a chance to admire her.

You jerk off to her and likely you are expanding on what you saw while you do it, which wires the brain to start seeing that pathway with that type of person as an alternative (i.e. random girl could become girl I fuck). Secondly, it can also reset your reward system. Porn & social media related erectile dysfunction are in part caused by over stimulation, i.e. you have 100 tabs open or infinite scrolling of hot babes, as opposed to just one mediocre girl you have in real life. Jerking off to something with such minimal reward, the clothed body of your remembered encounter with a girl helps prepare you to keep you excited when you actually have sex as its the natural reward system in work.

[deleted] • 7 points • 24 October, 2018 03:35 PM

Makes sense tbh

KidWonder101 • -6 points • 24 October, 2018 04:36 PM

Wait. So you're saying jerk off in the physical presence of that women? Like on some Louis C.K type shit or using that girl you seen in your imagination?

tornadoboy33 • 6 points • 24 October, 2018 04:47 PM

Imagination, dog

KidWonder101 • 2 points • 24 October, 2018 05:11 PM

Yeah I figured. It was quite unclear in your post, haha.

ChadTheWaiter100 • 3 points • 25 October, 2018 02:26 PM

Fuck an escort. Thank me later.

Amr\_Yasser 1 points 24 October, 2018 04:18 PM **[recovered]**

Did you try sex stories?

TehJimmy • 2 points • 24 October, 2018 06:08 PM

no enlighten me

Iwantmypasswordback • 14 points • 24 October, 2018 05:53 PM

Right we definitely do NOT want to get caught laying on our back in the copier room underneath where the ceiling leaks pretending to be the guy in the middle of five girls peeing on him

circihat • -8 points • 24 October, 2018 06:45 PM

Porn is associated with reduce sexual crimes and sexual stress , if you wish to do life on hard mode go right ahead but not watching porn will not benefit you in anyway

look\_good • 8 points • 24 October, 2018 08:46 PM

watch porn if u feel fine watching it, if u feel guilty, cut back. think for urself jesus

neo\_sporin • 1 point • 25 October, 2018 11:37 AM

I would think jesus would feel guilty watching porn

circihat • 0 points • 25 October, 2018 12:51 PM

if you feel guilty for doing something you enjoy that is a self esteem issue. Porn is entertainment but feminist hate it so spread false information, blue pill ideology means men must listen to women best interests.

look\_good • 1 point • 25 October, 2018 01:09 PM

i'm no prude but don't ignore the studies showing the negative effects porn has on some ppl...if you enjoy it and don't think it has a negative impact on your life, more power to you. porn can be a crutch though.

circihat • 1 point • 25 October, 2018 02:45 PM

everything has negative studies, given the fact universities have political agenda's I wouldn't take to much account into any study that deals with male sexuality specifically because those same people say porn doesn't effect women negatively the same way it does men

look\_good • 2 points • 25 October, 2018 02:57 PM

eh porn doesn't add value to a man's life. why are you defending porn anyways

circihat • 1 point • 26 October, 2018 12:43 PM

Living a life with 100% optimal is what humanity is about , porn can be use as a crutch , so can video games, so can music, so can Advil , a drug when taking properly is helpful, but is hard on your organs.

Anything can be bad including water, balance is what one should seek,

look\_good • 1 point • 26 October, 2018 12:46 PM

if you don't feel bad watching porn, go ahead watch it all you want. I don't give a fuck. if it makes you feel bad, don't watch it. It's simple, porn won't make your life better, no need to rationalize it in order to watch it.

circlhat • 1 point • 26 October, 2018 12:48 PM

enjoying life tends to make it better , smelling the roses won't give you a 6 figure salary or a 6 pack, but stopping every once a while can be helpful

fade2clear 1 points 24 October, 2018 02:46 PM **[recovered]**

Limit instant gratification and focus on delayed, fulfilling gratification.

Get off the internet firstly.

moltenw • 6 points • 24 October, 2018 04:07 PM

What if you want to learn graphic design? Learn how to make EDM? Video editing? Programmer? Etc

DayGameChirality • 5 points • 24 October, 2018 04:27 PM

Then it's hard mode

moltenw • 1 point • 24 October, 2018 04:37 PM

I might even agree with you, since I was a huge procrastinator a few years back as well as addicted to video games, and I wanted to do graphic design... Boy do does things just not go well together huh...

iwviw • 1 point • 24 October, 2018 05:12 PM

How did things change?

eccentricrealist • 1 point • 24 October, 2018 09:57 PM

You tie your ballsack and just do it

moltenw • 1 point • 25 October, 2018 06:12 AM

I started living in the preset moment.

That said, even though things are much much better, I still have a way to go before I fully kill procrastination. Gaming is killed, except for the world championship that I'm watching in League. After that, Esports is gone as well.

lifeisweirdasfuck • 130 points • 24 October, 2018 02:38 PM

Ironically, reading too much self-help stuff (such as TRP) without applying it.

1984Survivor • 45 points • 24 October, 2018 05:18 PM

not ironic at all, it's an actual thing named mental masturbation

lifeisweirdasfuck • 7 points • 24 October, 2018 06:19 PM

Yep. What I meant is that people believe that reading this stuff can only cause you good, while in reality you can easily worsen your game and general life because your brain can't internalise everything you read, and gets flooded after a while

1984Survivor • 1 point • 24 October, 2018 09:44 PM

It's much more productive for one to approach girls at the gym, activities, shop, etc, than it is to read. They complement each other, but the ultimate goal is to pick up somebody, so approaching>reading

TFWnoLTR • 14 points • 24 October, 2018 05:54 PM

I'm glad you said this. I've fallen into this trap recently. Time to get back on the horse.

[deleted] • 2 points • 24 October, 2018 11:04 PM

Don't say that, I'll be ashamed of myself.

bcitman • 1 point • 25 October, 2018 03:05 AM

Any examples?

Selentest • 1 point • 13 December, 2018 05:28 AM

This is the most dangerous one.

AlmightyPhoenix • -2 points • 24 October, 2018 09:24 PM

also, reading too much self-help stuff (such as TRP) and applying it

[deleted] • 75 points • 24 October, 2018 12:41 PM

Cocaine

look\_good • 8 points • 24 October, 2018 08:48 PM

drugs are cool. highly recommend lsd and other psychedelics

mrheh • 2 points • 25 October, 2018 01:42 AM

Those are worse IMO, they can leave lifelong mental issues. I know from experience.

look\_good • 14 points • 25 October, 2018 01:46 AM

Lol, if you have mental issues, stop giving advice

mrheh • 4 points • 25 October, 2018 02:24 AM

Just random anxiety attacks a few times a year from doing mushrooms. Don't tell people psychedelics are some safe drugs because they are not. Just because Joe Rogan said they're safe doesn't make it so.

look\_good • 1 point • 25 October, 2018 02:59 AM

nah fuck that ppl can do their own research. psychedelics (lsd twice, shrooms 4-5) had a cool impact on my life and I will always advocate psychedelics

Radkin007 • 5 points • 25 October, 2018 03:03 AM

And here we have both sides of the coin. One who got jacked up, the other with positive effects. This really shows we ain't all the same.

look\_good • -2 points • 25 October, 2018 03:04 AM

do ur own research. dont be an npc

Radkin007 • 1 point • 25 October, 2018 03:06 AM

Are you saying that everyone will be impacted the exact same way when taking a chemical altering substance, (medicinal, illegal, psychedelic, etc.)?

look\_good • 1 point • 25 October, 2018 03:08 AM

no im saying do ur own research n think for urself. if things fuck up for u, no one else gives a shit.

MYMOUTHISNUMmn • 1 point • 24 October, 2018 11:02 PM

Yeah all the cool kids are doing crack.

look\_good • 4 points • 25 October, 2018 01:02 AM

sure, the ones who can't think for themselves

N-methylamph • 1 point • 6 November, 2018 05:02 PM

I wouldn't call crack something that people who can't think for themselves, smoking crack is some very antisocial behavior

look\_good • 1 point • 10 November, 2018 07:13 AM

in a broader sense but nobody decides to do crack on their own

thechaosz • 0 points • 25 October, 2018 02:26 AM

I fucking love cocaine

streetlecture • 22 points • 24 October, 2018 02:02 PM

Anything that takes you off your path.

The devil is in the details.

Internet\_Curmudgeon • 85 points • 24 October, 2018 02:13 PM

Fingering your own asshole when you sit down to poop



DadOnDabs • 47 points • 24 October, 2018 02:19 PM

This is huge

BusterVadge • 36 points • 24 October, 2018 02:41 PM

It will be if you keep fingering it.

MNCPA • 3 points • 24 October, 2018 05:02 PM

...like a pumpkin...

DadOnDabs • 1 point • 24 October, 2018 09:40 PM

And I got my first reddit silver. No clue what that means but thanks

genesisofman • 20 points • 24 October, 2018 02:30 PM

What if the shit is stuck

Internet\_Curmudgeon • 32 points • 24 October, 2018 02:34 PM

Your fingers won't be long enough. Try getting another man to fit his penis in there to clear it out.

genesisofman • 23 points • 24 October, 2018 02:47 PM

Thanks bro

BeornPlush • 5 points • 24 October, 2018 04:19 PM

It's a trap, you could cause tiny skin ruptures and lose a surprisingly large amount of blood over that.

ChadTheWaiter100 • 2 points • 25 October, 2018 02:38 PM

Over what? Constipation?

seedster5 • 5 points • 25 October, 2018 12:58 AM

What In the actual fuck...

[deleted] • 0 points • 24 October, 2018 08:55 PM

I literally just fingered my butt hole while jacking off last night. Didn't watch porn though

ChadTheWaiter100 • 1 point • 25 October, 2018 02:39 PM

And you fall yourself an alpha?

[deleted] • 1 point • 25 October, 2018 03:20 PM

Yes because occasionally fingering your butt hole automatically makes you beta

Awayhethrows1961 1 points 24 October, 2018 01:58 PM **[recovered]**

Technically anything you enjoy doing will release dopamine. I think it's important to determine where you're getting "cheap hits" from (i.e. porn, caffeine, etc...) and focus more on meaningful, productive tasks and activities.

CypressSmallz[S] • 8 points • 24 October, 2018 02:19 PM

Examples?

bigkids • 24 points • 24 October, 2018 02:29 PM\*

Stay away from porn, self-loathing, cheap sugars, too much caffeine, unhealthy fat sources and stagnation.

Cold showers, weightlifting and meditating are all activities that help with dopamine release and are easily incorporated into your routine.

Make sure your sugar consumption is not drastic, your diet is complete with healthy fats and check your magnesium and zinc intake. Exercise regularly and control your stress levels.

Make sure that you have a routine and check your sleep quality, making sure it's restful and plentiful.

Those are some ways to boost your dopamine levels. The activities listed are some examples to help release those hormones naturally throughout your body.

HappyMexican • 5 points • 24 October, 2018 10:03 PM\*

Sleep is the big one I figured out lately. I just got a new job in the a big city, at a huge company with a good work culture starting next month. I'm from the nowhere Midwest so a big city is pretty thrilling and new for me. I have wanted to live in a modern big city since I was young, especially if I



could work at a tech company too.

I find sleep in particular makes life and killing it so much easier. Dieting is easier cause your not as hungry, work outs are better because you have energy, and concentration on mundane things is easier too. First thing I am going to do when I get there is buy a big comfortable bed for restful sleep. I want to move up at this company quickly.

I have a lot other bad habits too and currently my favorites are Weed, Wine and Video games.

HUUUUUGE time waster but I love it. Overwatch or Grand theft auto while cross faded gives me shivers of excitement. It is going to be hard not overdo these items, but I feel I can still do it on weekends or special occasions in moderation.

Brendan409 • 40 points • 24 October, 2018 02:23 PM

Working out, making your bed, Thanking the bus driver..etc

thatmanadrian • 68 points • 24 October, 2018 02:32 PM\*

Also - thanking the bus driver will ensure you get infinite pussy in the future

lakazepo • 9 points • 24 October, 2018 03:56 PM

Bonus points: I tell the bus driver "have a good night!"

TehJimmy • 5 points • 24 October, 2018 02:42 PM

<https://www.youtube.com/watch?v=YpQHjCL-Pj8>

RPAternate42 • 9 points • 24 October, 2018 04:59 PM

No, it won't, but being mindful about those around you and acknowledging that he work others do to make your life easier makes you a more well rounded person.

People like other people who are mindful of others; you don't need to be agreeable with everyone, but just mindful of their existence and role in your life.

It's the first exercise in combatting covert contracts and learning to be stoic in your decisions: thank others for their work and be happy about doing so even if they don't give a shit about your opinion. Let it roll off, ignore, and go about your day.

Being appreciative, openly, with others who help you is for *you* to feel good and it shows others your a good guy to be around and that energy carries.

If they are assholes to you, thank them anyways and move on. If they are pleasant, reinforce and imprint yourself upon them as this can only improve your reputation.

thatmanadrian • 2 points • 24 October, 2018 09:42 PM

I concur 100%

ioncehadsexinapool • 6 points • 24 October, 2018 03:54 PM

SUGAR!! Keto will change your life

BBsquat4me • 8 points • 24 October, 2018 04:21 PM

Even if you don't go full keto, I'd say go down to no processed sugar and eat as cleanly as possible. Honestly even avoid fruits like bananas and apples (which in America have been grown to be very sugar heavy and low in nutrients) and stick to berries.

JaYogi • 1 point • 24 October, 2018 03:30 PM

Should I stop taking preworkout?

velinxs • 1 point • 24 October, 2018 08:44 PM

Good to cycle it every so often.

GayLubeOil • 34 points • 24 October, 2018 01:08 PM

Yelling slurs out of moving vehicles, sugar, nostalgic videos

moltenw • 6 points • 24 October, 2018 04:03 PM

Sugar

I've been wondering for a while now how Sugar affects you, but I don't trust sources outside of TRP that much to give me a real answer to this.

Could you expand upon *how* exactly is sugar bad? And what's too much sugar? My only source of sugar is sweet chilli sauce on my rice n chicken, literally the only one (although 4 portions a day = 40~ grams, which is verry likely too much).

inspiredshane • 3 points • 24 October, 2018 06:07 PM

Sugar causes an increase in insulin, which can, over enough time, lead to insulin resistance and a whole host of other potential conditions and diseases. Sugar is the usually the first drug a human gets addicted to, because of candy. Even the old experiments designed to test one's capacity for delaying gratification are based off how long a child can go without eating a marshmallow. You're talking about an instinct older than sex, most likely. Watching your sugar intake is very important, and often overlooked.

TFWnoLTR • 2 points • 24 October, 2018 06:40 PM

This is just my opinion based on my own experience, and I'm not the guy you aksed.

When I give up sugar for long enough my taste in foods changes, and then my perspective on food as well. First I find more flavor in things that seemed bland without sugar before, like black coffee. Then I seem to feel better about eating veggies rather than feeling like I'm forcing them down just because they're good for me. Then, eventually, I feel as though I no longer crave food out of boredom, and really only remember to eat when my stomach rumbles or some other reason. Quitting sugar was easily a direct factor in the two most successful periods of weight loss in my life because of this.

I've only managed to pull it off twice before, and I'm not sugar free right now, but given these experiences I think the theory that sugar can cause a disproportionate dopamine release in people has some merit.

jwarner95 1 points 24 October, 2018 10:01 PM\* **[recovered]**

40 g is fine, make sure you have enough fat in your diet. All sugar does is trigger an insulin response, which tells your body to store everything. The size of the response obviously relates to the amount of sugar ingested. So fat fucks eat too much sugar, not too much fat contrary to popular belief.

moltenw • 2 points • 25 October, 2018 06:13 AM

make sure you have enough fat in your diet.

What are some easy ways to get "Fat?" Peanut butter (natural without any sugars added, of course) ?

any easy implemented recommendations other than what google suggests?

randomTATRP • 1 point • 25 October, 2018 07:39 AM

olive oil ! drizzle it on everything you eat. and season your salads with it. also, nuts. i eat like 2 pounds of peanuts/week

moltenw • 1 point • 25 October, 2018 09:19 AM

So like... if I make chicken n rice in olive oil, after I finish and start eating my "meal", I can just drizzle it on again on the food? Sounds pretty dank.

nuts

So peanut butter is good for that, right?

randomTATRP • 1 point • 26 October, 2018 05:55 AM

yes, but don't go overboard with it, since you may have digestion problems.

yeah, but i eat peanuts alone

SteveStJohn • 2 points • 24 October, 2018 11:18 PM

Could you expand upon how exactly is sugar bad?

Everything you need to know

<https://youtu.be/dBnniua6-oM>

cornylamygilbert • 1 point • 24 October, 2018 05:55 PM

40gs of sugar per meal? That is substantial

Not an absolute answer to your question, but sugar is def addicting

In my understanding and reading, even alternatives like stevia, saccharin, etc can be addicting unfortunately

I'm not perfect, but I'll go long stretches with zero sweeteners beyond an occasional stevia or saccharin and be floored when I have anything mildly sweetened.

It's a weird and shocking realization when you find yourself on zero sweeteners and realize how much you chase the dragon when you do have some.

Also ime, it's an undeniable roadblock toward cutting and getting leaner

forseditonlyyyy • 1 point • 25 October, 2018 12:13 AM

What is wrong with watching nostalgic videos?

GayLubeOil • 5 points • 25 October, 2018 06:01 AM

Your living in fantasy. Some people get lost in nostalgia

ChadTheWaiter100 • 1 point • 25 October, 2018 02:39 PM

Brother, you seem to be a fan of dick spencer. Are you racist brother?

waynebradysworld • 19 points • 24 October, 2018 05:13 PM

Watching cnn

allcryptal • 13 points • 24 October, 2018 05:35 PM

Who watches CNN

waynebradysworld • 10 points • 24 October, 2018 06:29 PM

Blue pilld folks

ardu- • 2 points • 24 October, 2018 09:24 PM

and Fox as well as most television for that matter

waynebradysworld • 3 points • 24 October, 2018 09:38 PM

Mostly CNN/ABC/MSNBC though, the really really fake news

ardu- • 9 points • 24 October, 2018 10:37 PM

None of the corporate media show the full picture and are all limited in scope and have different biases. Fox was even anti-Trump during the campaign. OANN is the best televised media channel.

waynebradysworld • 3 points • 24 October, 2018 11:02 PM

Idk what oannn is, but cspan doesn't seem too bad either. They mostly just stick a camera in a room and let you watch without talking heads chiming in.

[deleted] • 9 points • 24 October, 2018 03:03 PM

Sugar

cirelhat • 9 points • 24 October, 2018 06:44 PM

None, unless you want to be a puritan , in which there is 0 reward, you should structure your life to get what you want, if you want \$100,000 a year, you got to cut back on tv and drinking, if your happy with \$40k a year, than you can indulge more.

It's important to set a goal, and work towards that goal cutting out bad habits that interfere with it, but looking back some of my happiness times in my life were having out and doing drugs with my friends

cornylamygilbert • 8 points • 24 October, 2018 06:03 PM

Excellent post. I never realized how much I'm tolerating dopamine fixes even tho I've cut out many of the standard sources.

Porn, weed, alcohol, masturbation, video games, sugar/sweets

I recommend replacing porn, weed, masturbation, and alcohol with running and lifting.

Video games should be sparingly, treat like sugar then practically remove real sugar from your life irl.

Lastly, Reddit and comedy series or movies are my final dopamine vices.

I was floored by the realization that porn, fapping and fantasizing were absolutely ruining my game and drive. The less I've engaged in all of these distractions, the more I've actually made changes to my life and actually gotten substantial progress out of all of my goals and past times.

My final demon: sleeping in. I had no idea it was a dopamine fix but it makes so much sense. I'm gonna have to

work hard at this one

aiberdeen • 8 points • 24 October, 2018 07:53 PM

Refreshing twitter, facebook, insta and snapchat

Its something im trying to stop as ive found myself litreally all night long just moving from one to another and then repeating

Such a waste of time

randomTATRP • 1 point • 25 October, 2018 07:41 AM

Seriously, set your screen to monochrome mode. I use my phone so much less than before. Only for communication and music.

yummygivemesome • 12 points • 24 October, 2018 03:37 PM

Checking emails. Every time you stop what you are doing to open up your emails, you receive a dopamine hit based purely on "I wonder what I'll find this time!" Same goes for Reddit. You can peruse through the same front pages after spending hours on there already, yet your brain is still thinking "I wonder if there's anything new!"

You don't even have to receive an interesting email or find anything interesting on Reddit. Merely the hope of something interesting gives you the kick. Apportion your email/Reddit to specific times in the day. (I know some jobs don't give you that luxury regarding email, so just do the best you can.)

InstigatingDrunk • 2 points • 25 October, 2018 07:25 AM

i needed to read this. i've been checking email/reddit at my new job.. i need to focus more on the tasks at hand but...so boring. what to do /;

wawakaka • 6 points • 24 October, 2018 04:15 PM

checking your phone

stress

negative events that lead to ocd or obsessive thoughts.

empatheticapathetic • 3 points • 24 October, 2018 03:04 PM

Smartphone use. Reddit. TRP

Fauxregaurd • 3 points • 24 October, 2018 04:33 PM

Reddit

torgeirhyl • 3 points • 24 October, 2018 06:59 PM

Not sure if it's really a dopamine releasing behaviour by itself, but it's in the same vein. Reacting destructively to negative experiences like failing or losing makes it more likely that you'll repeat it. Like, if losing at a game has you smashing something, chances are you'll smash more things/harder with time. You have to learn to accept failure/defeat without such reactions, or you'll be in a pattern, and could end up hurting yourself or someone else.

vandaalen • 11 points • 24 October, 2018 12:40 PM

whats your 1rm dl?

CypressSmallz[S] • 8 points • 24 October, 2018 02:20 PM

Current or all time?

ich\_bin\_doch\_geil • 7 points • 24 October, 2018 03:35 PM

Answer the question faggot

CypressSmallz[S] • 33 points • 24 October, 2018 05:13 PM

475 so almost as much as you mom.

moltenw • 3 points • 24 October, 2018 04:08 PM

Weren't you on roids? Lol

[deleted] • 2 points • 24 October, 2018 07:15 PM

Anyone else notice the positive effects of limiting the amount of music you listen to?

jamesbond8181 • 2 points • 24 October, 2018 07:28 PM

I LOVE music and can rap so many songs.... but I hate listening to too much music.

I don't listen to music while I work out, while I study, while I commute, or while I work.

Music is great but I just can't focus with it as I am too absolved by it!

OfficerWade • 2 points • 25 October, 2018 12:34 AM

Common dopamine behaviors would be getting a relationship to get some sorta validation.

-Sport fucking. Rarely is your life in a place for this tpya of behavior u less you're married

-Coffee, Soda, caffeine

-Working paycheck to paycheck

-Running around calling yourself a victim while not taking responsibility for the way you might be pushing people away, projecting, shame, blame and poor me. You gotta keep a positive attitude.

druggaddict • 2 points • 25 October, 2018 08:11 AM

Mental masturbation

My hobby is cars. I bought a car I wanted to mod. I spent days reading about what parts are the best, what to start with. Problem is I could use that time to hustle and make some extra money for these parts. It is just going too slow. Reading about mods I had a sense of achievement. I should have saved that for when I actually had the money to do anything. Try to learn about useful things you can apply, if it's useless it's wasted time.

Sleeping in

I fixed it a long time ago, usually wake up between 5-6AM, even on weekends. I noticed when I sleep in one time my whole schedule turns to shit

Drugs

alcohol/weed/pills, anytime I do these (and I do so rarely) I feel like I took a step back to when I was a lazy teenager smoking and drinking every couple of days

internet

it's a tool, use it as such. Don't overdo it, don't use it for entertainment, there are better ways such as socializing, hobby (like building something), learning a new skill, spending time with family or friends etc...

Cheap entertainment

games, tv, porn, frequent habitual social drinking, reading gossip etc

any other way of wasting time

always be productive, wasting time is setting you back and you want to be the best version of yourself. Any time wasted is like kicking future you in the balls. Resting after hard work or when you've earned it is not wasted time. Resting is needed to take a look at the bigger picture and is necessary to improve further.

Sometimes it's good to take a step back and see what's really holding you back. I mean these are okay when used SPARINGLY. Not every other day, not every week/weekend.

drnaline • 2 points • 25 October, 2018 09:49 AM

Weed, porn, video games, nicotine, sugar. Try replacing these with cold showers, music, coffee, socialising, meditating.

jamesbond8181 • 3 points • 24 October, 2018 04:42 PM

Weed

[deleted] • 1 point • 24 October, 2018 08:18 PM

Fast food, porn, even posting on social media if you care about the 'likes' or upvotes.

[deleted] • 1 point • 24 October, 2018 08:26 PM

Masturbation

mental\_models • 1 point • 24 October, 2018 09:21 PM\*

avoid and monitor results-oriented dopamine highs

learn to love to be wildly addicted to the high of the process-oriented dopamine highs

did she/will-she "say yes"???? - this is TRIVIAL. stop enjoying this and stop treating this like an exciting gamble/rush

did you have your shit together and approached a woman during a quality process that will result in long-term benefit?? - This is SIGNIFICANT. do love this

life is like a softball homerun distance-hitting contest and you get relatively unlimited pitches and relatively limited swings, so get a phat pitch down the middle of your circle of competence and gear your visceral drives to LOVE the process of getting a fat pitch, while limiting/monitoring your tendency to gear your drives toward the result of whether or not you occasionally hit a long-ball.

CaptainBW • 1 point • 24 October, 2018 09:44 PM

I don't avoid dopamine releasing behaviors, I avoid them during certain times and tasks. I reward myself after a bout of productive work with marijuana, for instance. It's created a positive loop. Instead of avoiding something you enjoy, treat it as something to be enjoyed once you've satisfied some condition - once you've earned it.

thechaosz • 1 point • 25 October, 2018 02:25 AM

Sleeping in releases dopamine? Color me shocked.

I'm not really into TV so I'm good there

Zanbutsu • 1 point • 25 October, 2018 03:25 AM

Well even though many of these suggestions may facilitate the process, you should delve into said process itself first, in order to have an object to implement the aforementioned suggestions in the first place.

The degree this nonetheless obvious remark is neglected to is such that it may be wise to consider that it is not

really that obvious.

Selentest • 1 point • 13 December, 2018 05:32 AM

It's a tie between video games and mindless surfing.