



Your Daily Practice

Episode 2

Dopamine Nation: The Neuroscience Of Our Everyday Addictions With Dr. Anna Lembke

Step 1. Write down on paper or tell someone you trust about your addiction.

Step 2. Write down or tell someone about the negative consequences of your addiction for you.

Step 3. Commit to a 30 day detox from that substance or behavior.

Step 4. Write down or tell someone about the values underlying your commitment. Draw upon and remember those values especially during the first two weeks when cravings set in.

Step 5. After 30 days re-evaluate your relationship with your substance or behavior, decide if you want to allow it back into your life, and possible self-binding or environmental supports.