

Dopamine Detox

by Thibaut Meurisse

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Delay your first hit**

For the next seven days, spend the first 30 minutes after waking without your phone, email, or feeds. Let your attention belong to you before it belongs to the day.

MON TUE WED THU FRI SAT SUN

⁰² **Run a 24-hour reset**

Pick one day this week to remove your biggest stimulation sources: social feeds, streaming, junk browsing, and convenience snacking. Notice what cravings show up.

MON TUE WED THU FRI SAT SUN

⁰³ **Design one boredom block**

Schedule a 20-minute block with no tabs, no music, and no switching. Sit with the urge to escape until the mind settles into the task.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Add friction to your trigger**

Move the most tempting app off your home screen, log out of it, or require desktop-only access. Make the loop slightly harder to complete.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Choose an analog replacement**

Replace one overstimulating habit with a low-dopamine alternative you can start immediately: a walk, a paperback, journaling, stretching, or making tea.

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⁰⁶ **Write re-entry rules**

Before you end the detox, decide exactly what comes back and under what conditions. Reintroduction without rules is how the old baseline returns.