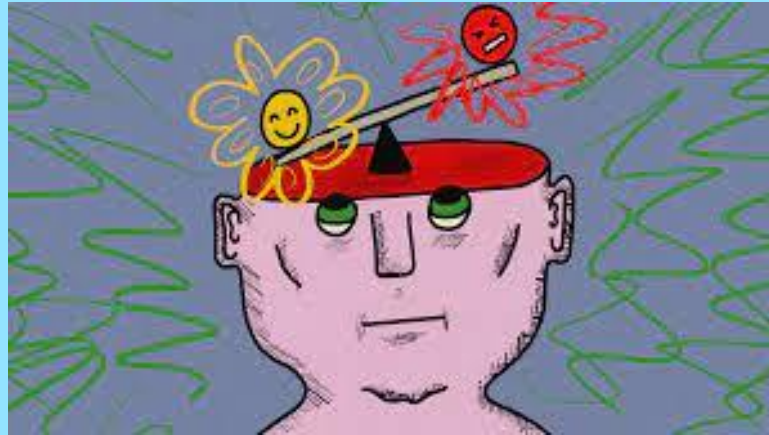


Dopamine and How to Find Balance with Pleasure and Pain – from Dr. Anna Lemke



Jeffrey E. Hansen, Ph.D.
Center for Connected Living, LLC

“Nothing is miserable unless you think it so; and on the other hand, nothing brings happiness unless you are content with it.”

— Boethius, [The Consolation of Philosophy](#)

“The views expressed are those of the author and do not reflect the official policy of the Department of the Army, the Department of Defense, or the U.S. Government.”

About Dr. Lemke:

Anna Lembke is professor of psychiatry at Stanford University School of Medicine and chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. A clinician scholar, she has published more than a hundred peer-reviewed papers, book chapters, and commentaries. She sits on the board of several state and national addiction-focused organizations, has testified before various committees in the United States House of Representatives and Senate, keeps an active speaking calendar, and maintains a thriving clinical practice.

In 2016, she published *Drug Dealer, MD – How Doctors Were Duped, Patients Got Hooked, and Why It's So Hard to Stop* (Johns Hopkins University Press, 2016), which was highlighted in the New York Times as one of the top five books to read to understand the opioid epidemic (Zuger, 2018).

Dr. Lembke recently appeared on the Netflix documentary *The Social Dilemma*, an unvarnished look at the impact of social media on our lives. "*Dopamine Nation: Finding Balance in the Age of Indulgence*" (Dutton/Penguin Random House, August 2021), an instant New York Times Bestseller, explores how to moderate compulsive overconsumption in a dopamine-overloaded world. To learn more about Dr. Anna Lembke and her book, please visit <https://www.annalembke.com/>

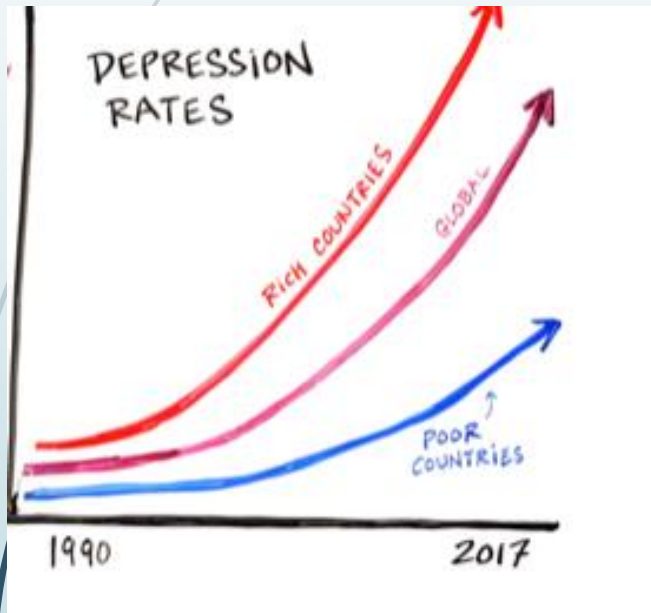


Credit for the content of the artwork in the following slides goes exclusively to the brilliant YouTube channel, [After Skool](#), and is a high recommend.

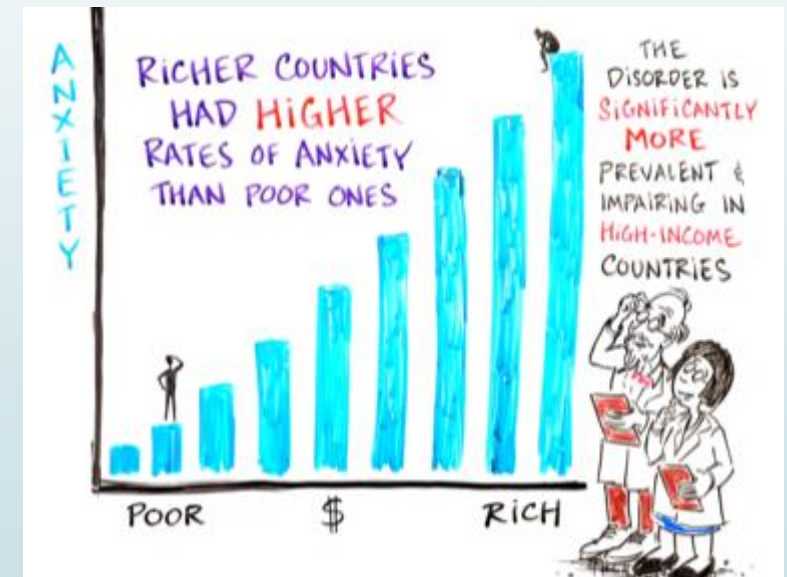


Please click the link below to listen to Dr. Lemke's full lecture:
<https://youtu.be/aEfkx3DsXjs>

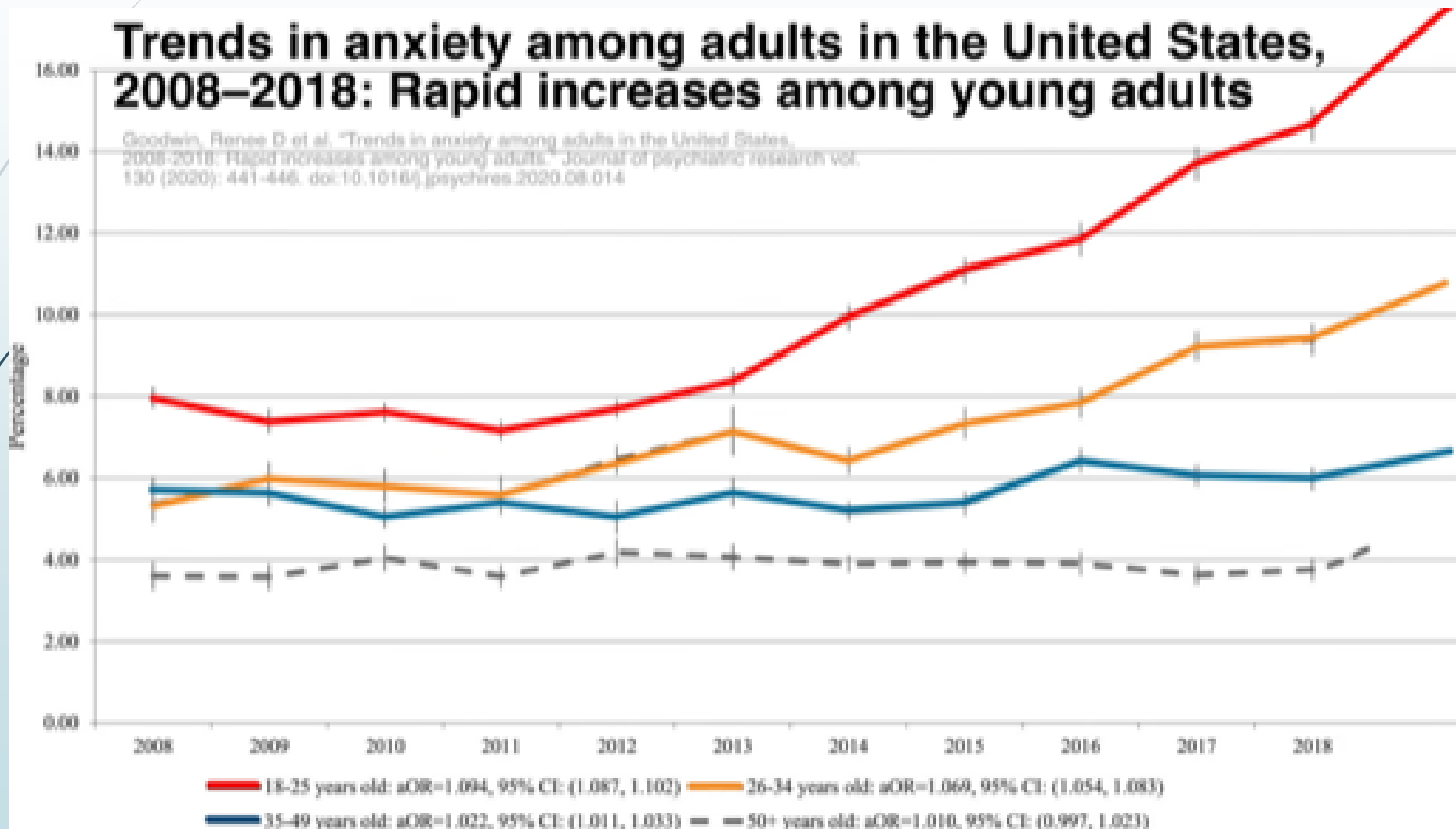
Depression rates are rising in all countries in the world but most in rich countries. Clearly our abundance and dopamine-crazed lifestyle is only making us miserable.



WHY IN A TIME OF UNPRECEDENTED WEALTH, FREEDOM & TECHNOLOGICAL ADVANCEMENT DO WE APPEAR TO BE **UNHAPPIER** THAN EVER?



Increasing anxiety correlates with the introduction of the smartphone in 2008.



Suicide rates
have increased
dramatically in
teens.

HEALTH

More young people are dying by suicide, and experts aren't sure why



Alla E. Dastagir

USA TODAY

Published 12:21 p.m. ET Sept. 11, 2020 | Updated 1:17 p.m. ET Sept. 11, 2020

The rate of suicide among those aged 10 to 24 increased nearly 60% between 2007 and 2018, [according to a report released Friday by the Centers for Disease Control and Prevention](#). The rise occurred in most states, with 42 experiencing significant increases.

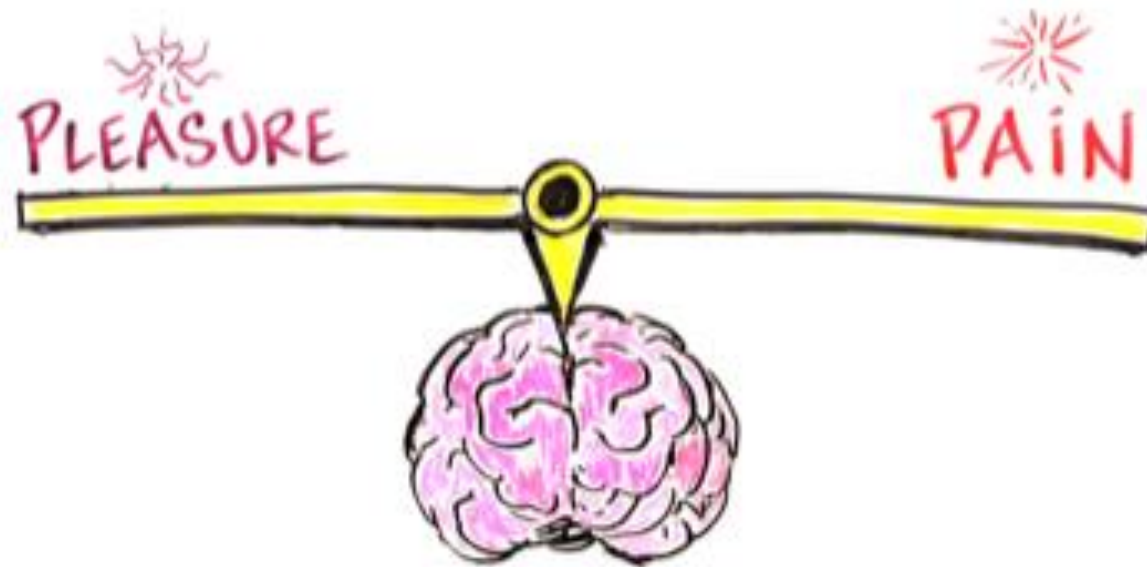
"It's a real trend that has been demanding, for a while, a serious public health and research effort to understand what is happening and why," said Anna Mueller, an

Poor and underdeveloped countries are more susceptible to the problems of overconsumption.

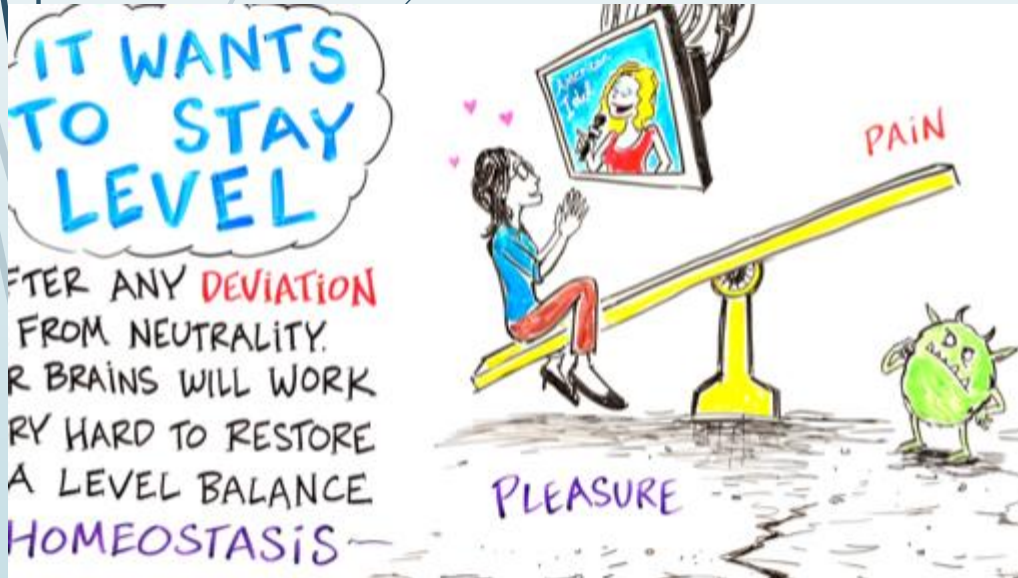


We do best when pleasure and pain are in balance.

BIG IDEA #1 THE PLEASURE PAIN BALANCE



If we engaged in too much pleasure dopamine circuits get overactivated and pain circuits increase to restore balance. Hence: more please leads to more pain and we ultimately become miserable.





Overloading on
dopamine is not good
for our brains and for
us.



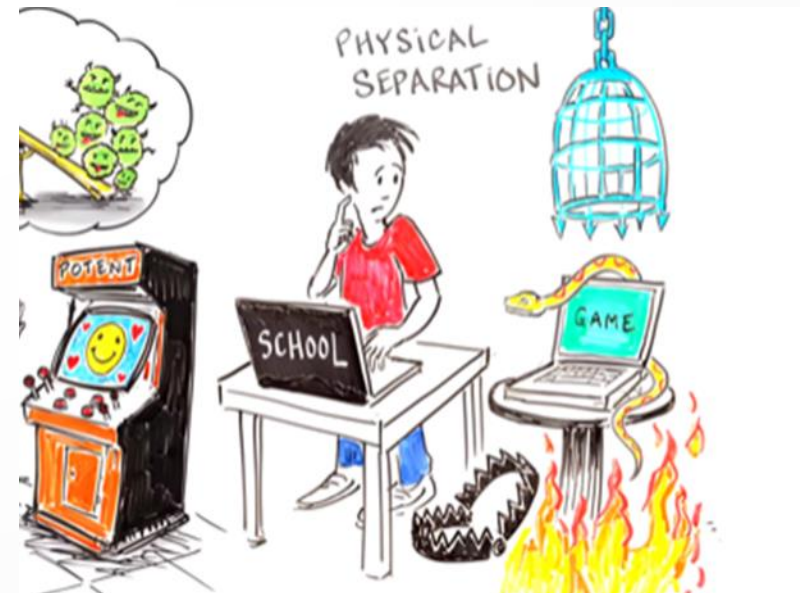
Our world is not like it used to be for our forbearers and is now too rich with dopanergic activities.



Backing of high dopamine-driving activities such as social media and porn for 30 days can drastically rebalance the dopamine/pleasure and pain balance so life can regain all notes of pleasure.



Once you resume a highdopamine/pleasure activity, make sure you have limits/rules, so you keep the pleasure/pain balance in check.




BIG IDEA #5 PAIN AS A PATHWAY TO PLEASURE




Yes, as hard as it may be to accept, increasing pain helps us experience pleasure/dopamine

Pain and homeostasis



PAIN LEADS TO PLEASURE
BY TRIGGERING OUR
BODY'S OWN REGULATING
HOMEOSTATIC
MECHANISMS

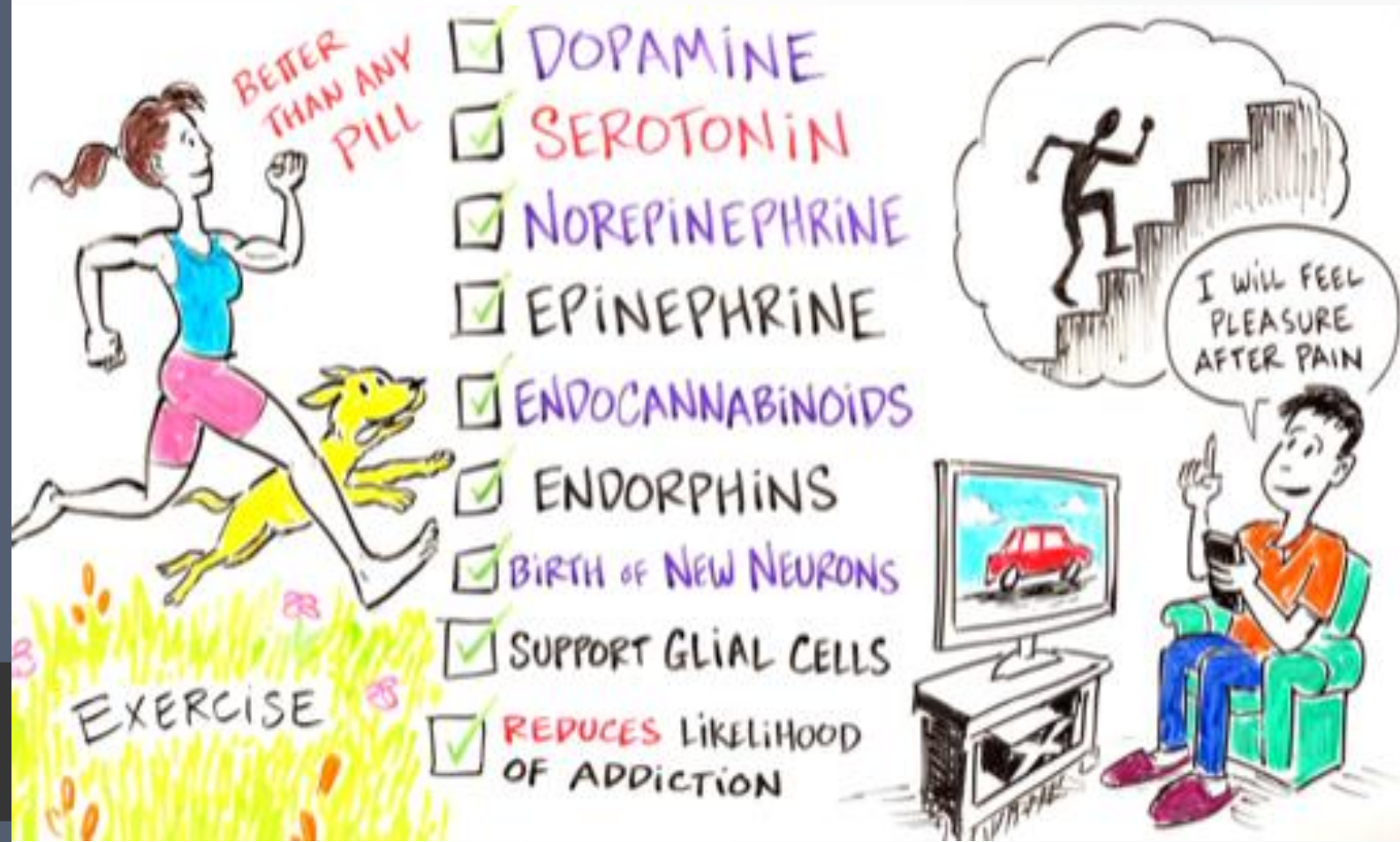


THE PLEASURE WE FEEL
IS OUR BODY'S
NATURAL + REFLEXIVE
PSYCHOLOGICAL
RESPONSE TO PAIN

PAIN AS A PATHWAY TO
PLEASURE



The **pain** and other effects of exercise is far better than any pill according to Dr. Lemke. She notes that in the old days, she would often prescribe medication and will not prescribe balanced living to include **exercise**.



Dr. Lemke encourages us to stop running from challenges and to fully embrace life. This is consistent with IFS therapist Jenna Riemersma's recommendation to “lean into pain” rather than avoiding it.



Dr. Lemke encourages us to exercise patience and to be willing to “move forward” even though we might be uncertain about the future.

THE REWARDS OF
FINDING & MAINTAINING
BALANCE ARE **NEITHER**
IMMEDIATE NOR
PERMANENT

THEY **REQUIRE** PATIENCE
& MAINTENANCE

WE MUST BE WILLING TO
MOVE FORWARD **DESPITE**
BEING UNCERTAIN OF
WHAT LIES AHEAD

