



Dopamine Rich, Happiness Bankrupt

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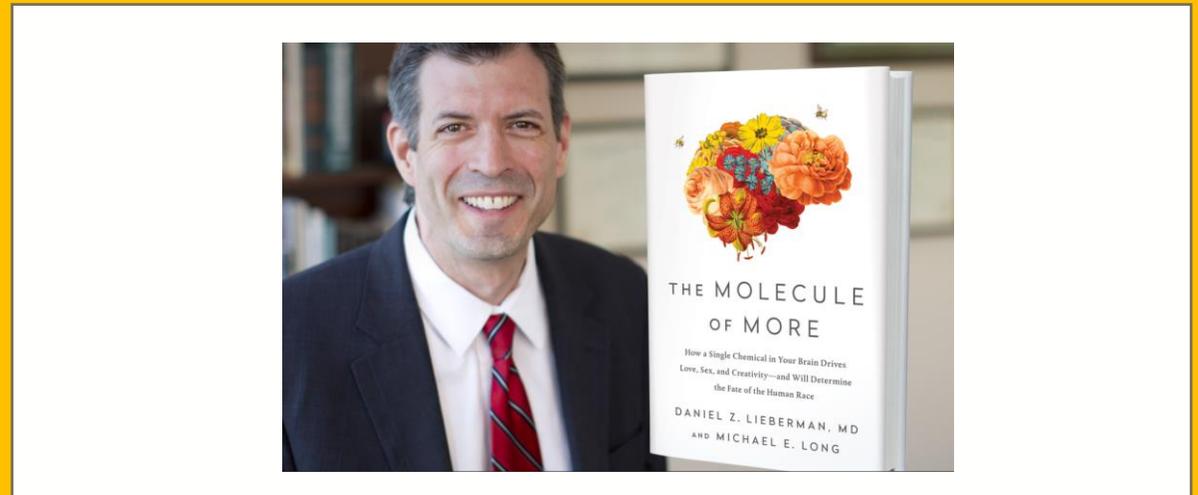
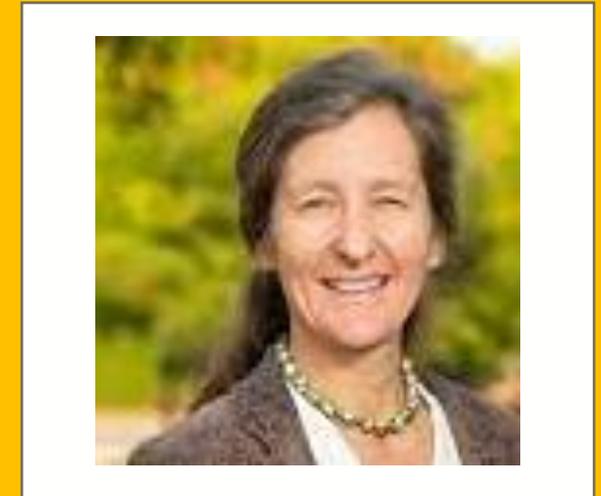
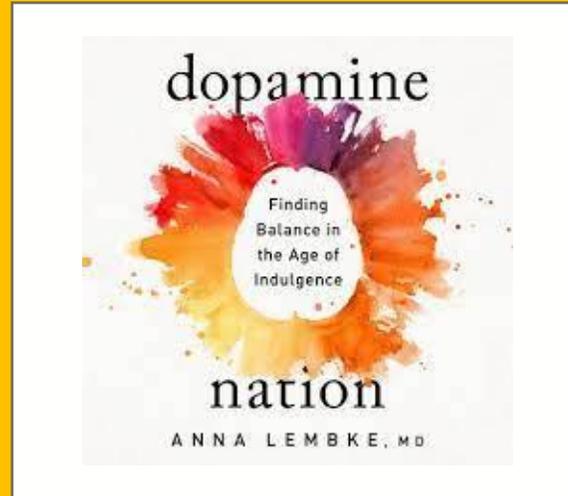


JOHNNY BIGGER

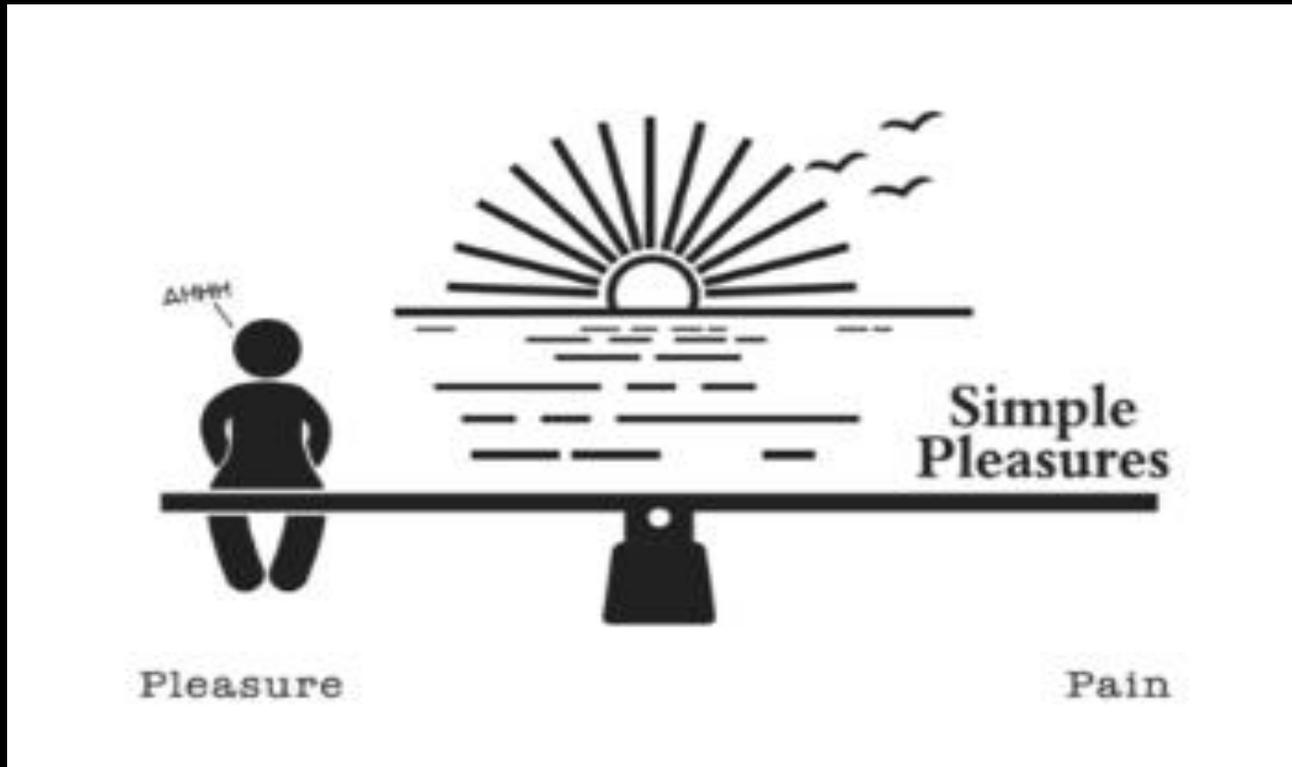
The dopamine system is mother nature's hardwired ancient system in

JOHNNY
BIGGER

This PowerPoint on Dopamine is largely based on the groundbreaking work of Dr. Anna Lembke and Dr. Daniel Lieberman.



Pleasure and Pain Nicely in Balance

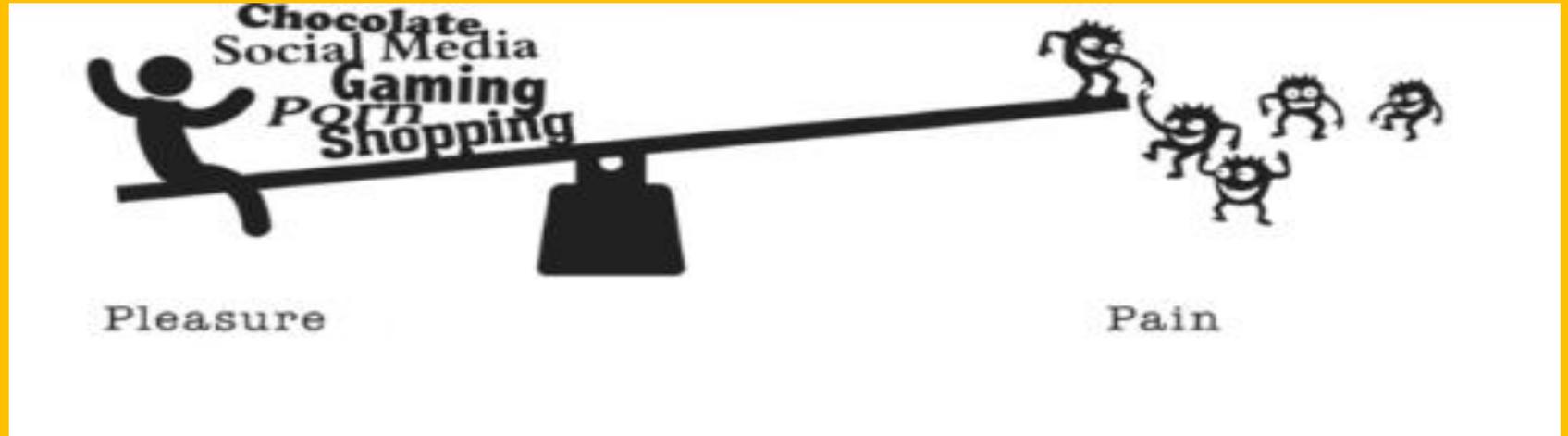


► According to Stanford Psychiatrist, Dr. Anna Lembke, dopamine which acts on pleasure neurocircuits, and pain are related and help create a homeostatic balanced in the brain and body.

The following slides are based on Anna Lembke(2021) *Dopamine Nation* book.

Click here to watch her excellent YouTube video:

https://www.youtube.com/watch?v=5Pu82wZRZwo&ab_channel=AndreaSamadi



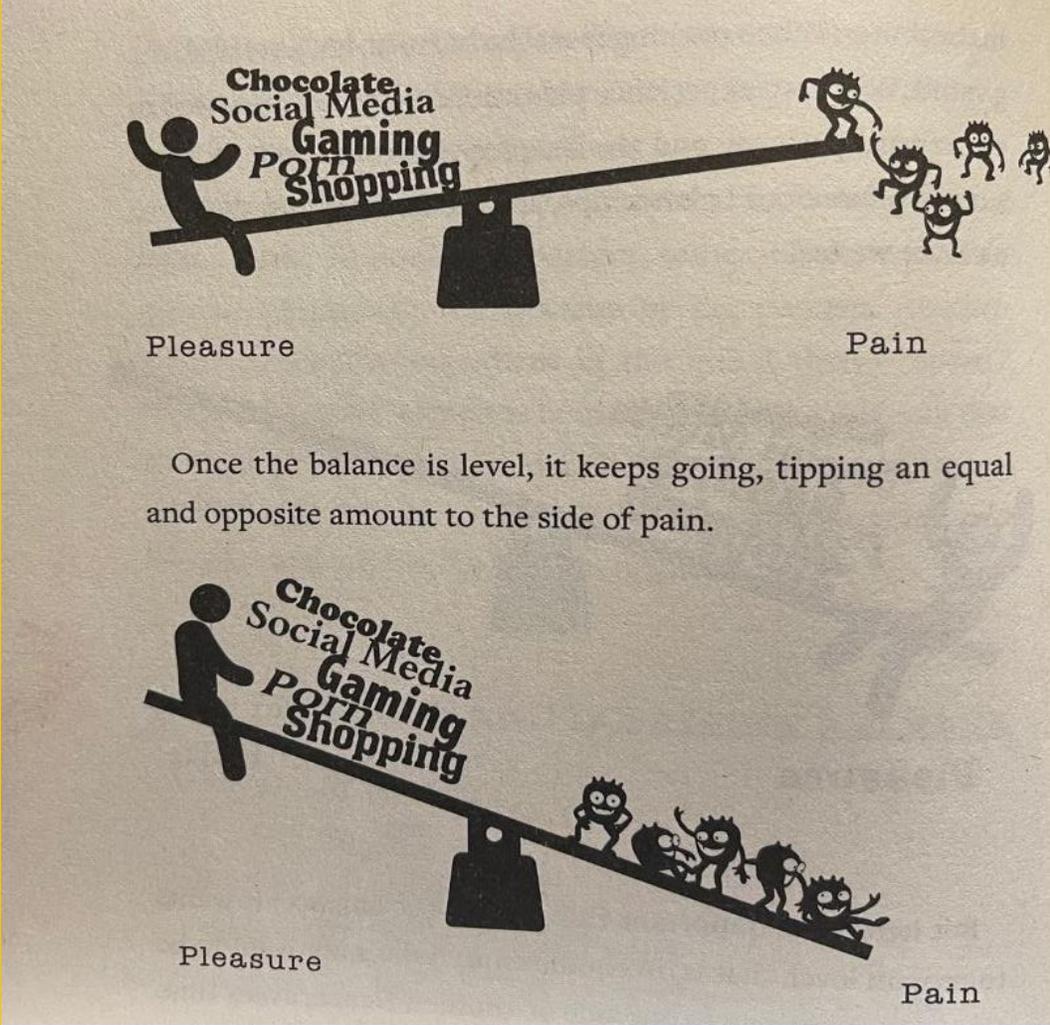
Our brain down-regulates our dopamine to bring us back to homeostasis (gremlins jumping on the lever).

As we actively seek pleasure, pain gremlins) begin to jump on the teeter totter to try to restore homeostasis balance

Anna Lembke (2021)

https://www.youtube.com/watch?v=5Pu82wZRZwo&ab_channel=AndreaSamadi

Pleasure – Pain Shift



Pain circuits
activate in order to
move toward
homeostasis or
balance



Then the balance is more on the "pain" side which is where we want more to feel "normal" again.

Anna Lembke, 2021,
https://www.youtube.com/watch?v=5Pu82wZRZwo&ab_channel=AndreaSamadi

Pleasure and pain out of balance

This is a dopamine-deficit state, where we are walking around unhappy.

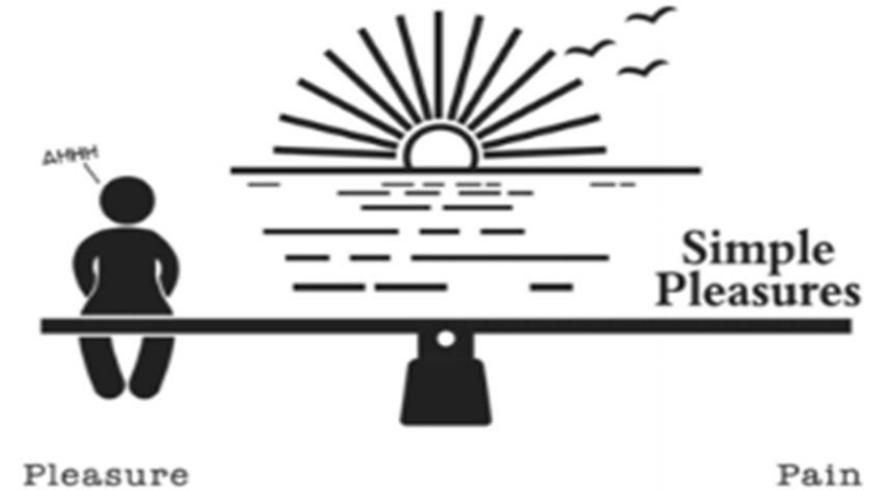
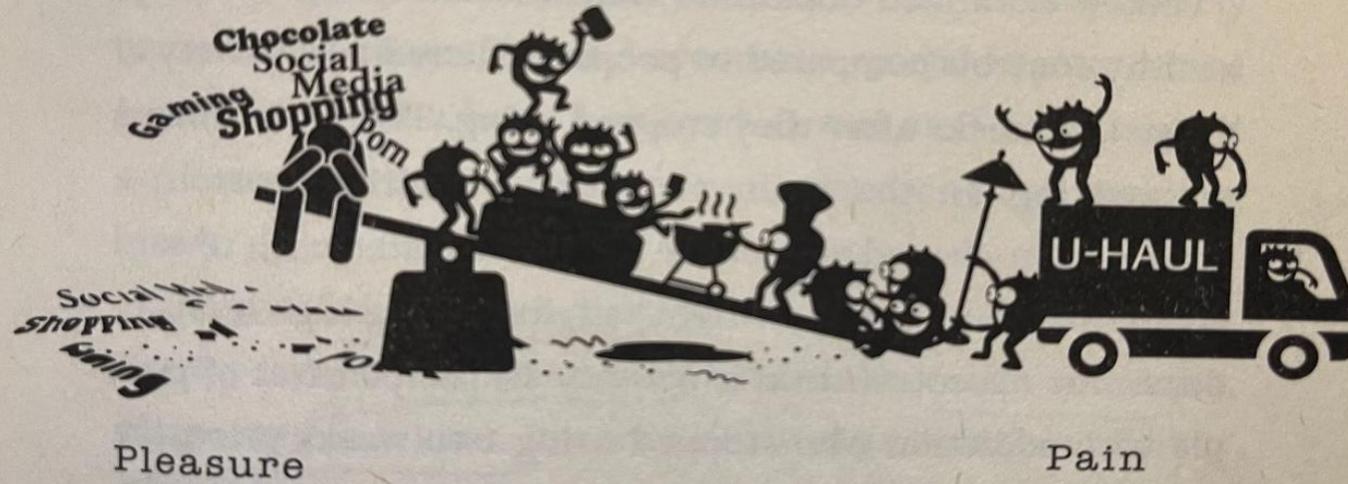


Dopamine Nation "It's harder for us to experience pleasure and more likely we will experience pain."

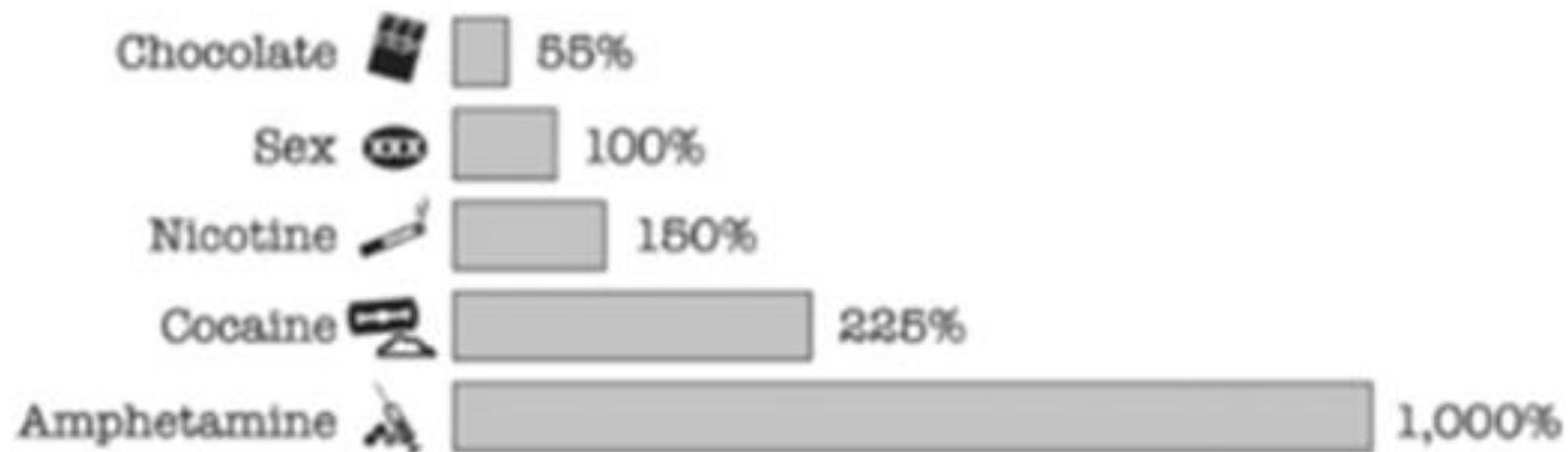
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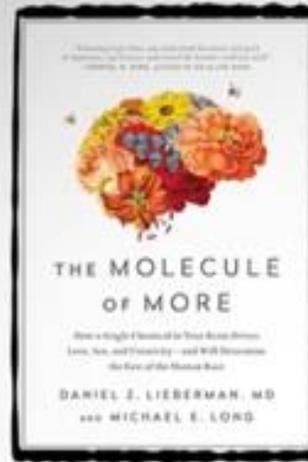
Dr. Lembke recommends a 30-day dopamine fast in order to rebalance the dopaminergic circuits in the brain.



REWARDS AND DOPAMINE RELEASE



The following slides are taken largely from Dr. Lieberman's excellent book, *The Molecule of More*



INSIGHTS FROM
DANIEL LIEBERMAN
AND
MICHAEL LONG'S

THE MOLECULE OF MORE

BROUGHT TO YOU BY **INSTAREAD**

The Molecule of More

Click here to listen to Dr. Lieberman:

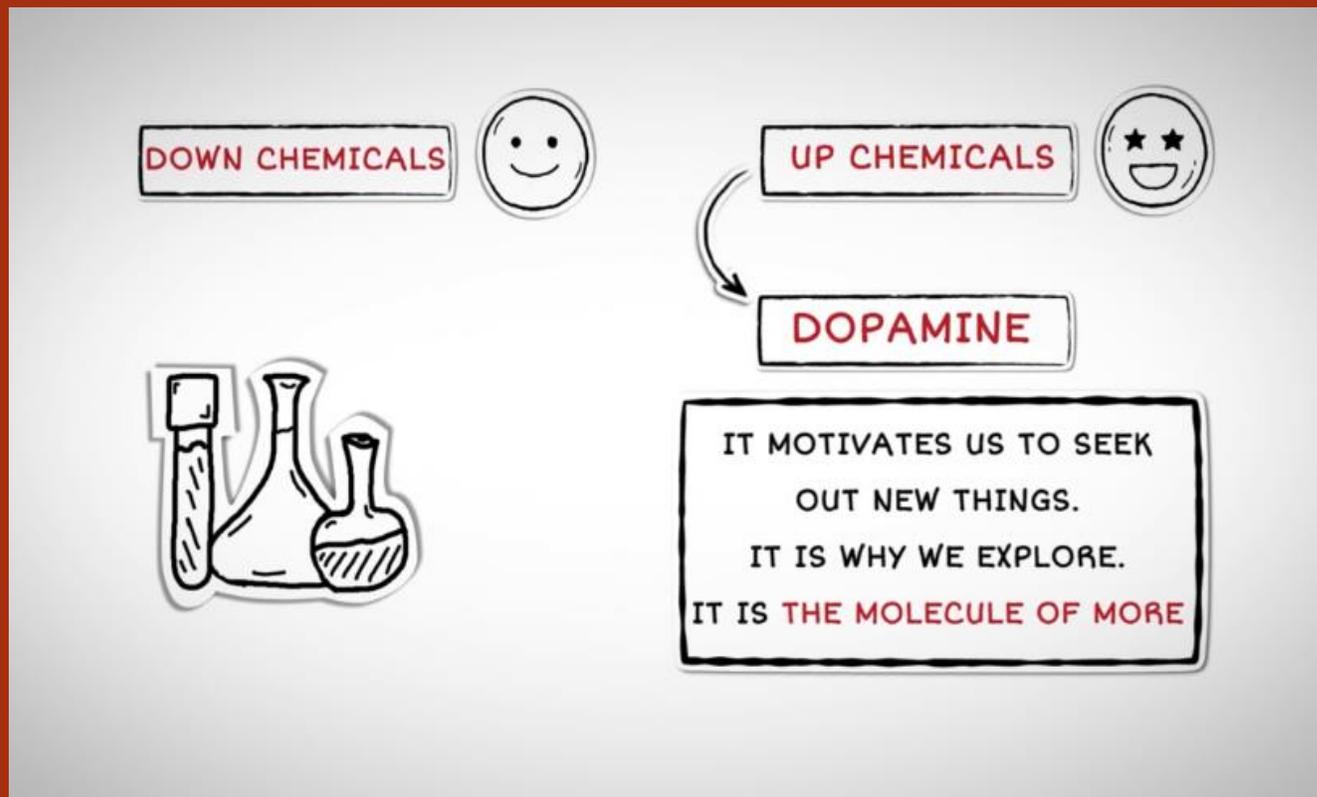
https://www.youtube.com/watch?v=TjKCzYYkKN4&ab_channel=Valuetainment

Click here to listen to instead cartoon:

https://www.youtube.com/watch?v=sPpY_nePtV8&ab_channel=Instaread

The brain has up
chemicals and
down chemicals

The up chemical
dopamine drives
us to seek new
things



The Down Chemicals – Designed for the here and now

DOPAMINE



DOWN CHEMICALS

SEROTONIN

OXYTOCIN

ENDORPHINS

ENDOCANNABINOIDS

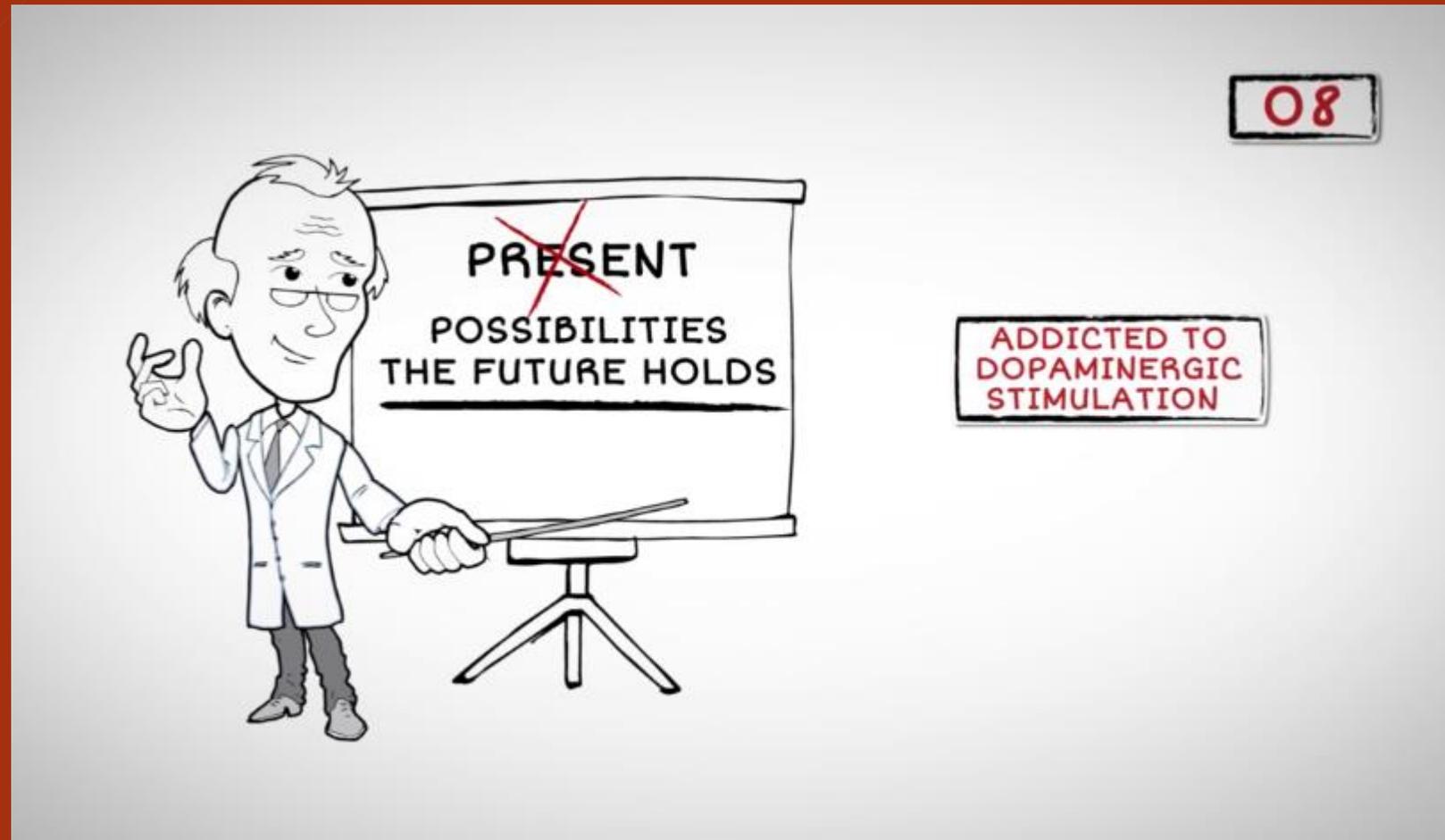
THESE CHEMICALS
ALLOW US
TO DERIVE PLEASURE
FROM
THE PRESENT MOMENT

05

Dopamine is future-oriented and less conscious in process

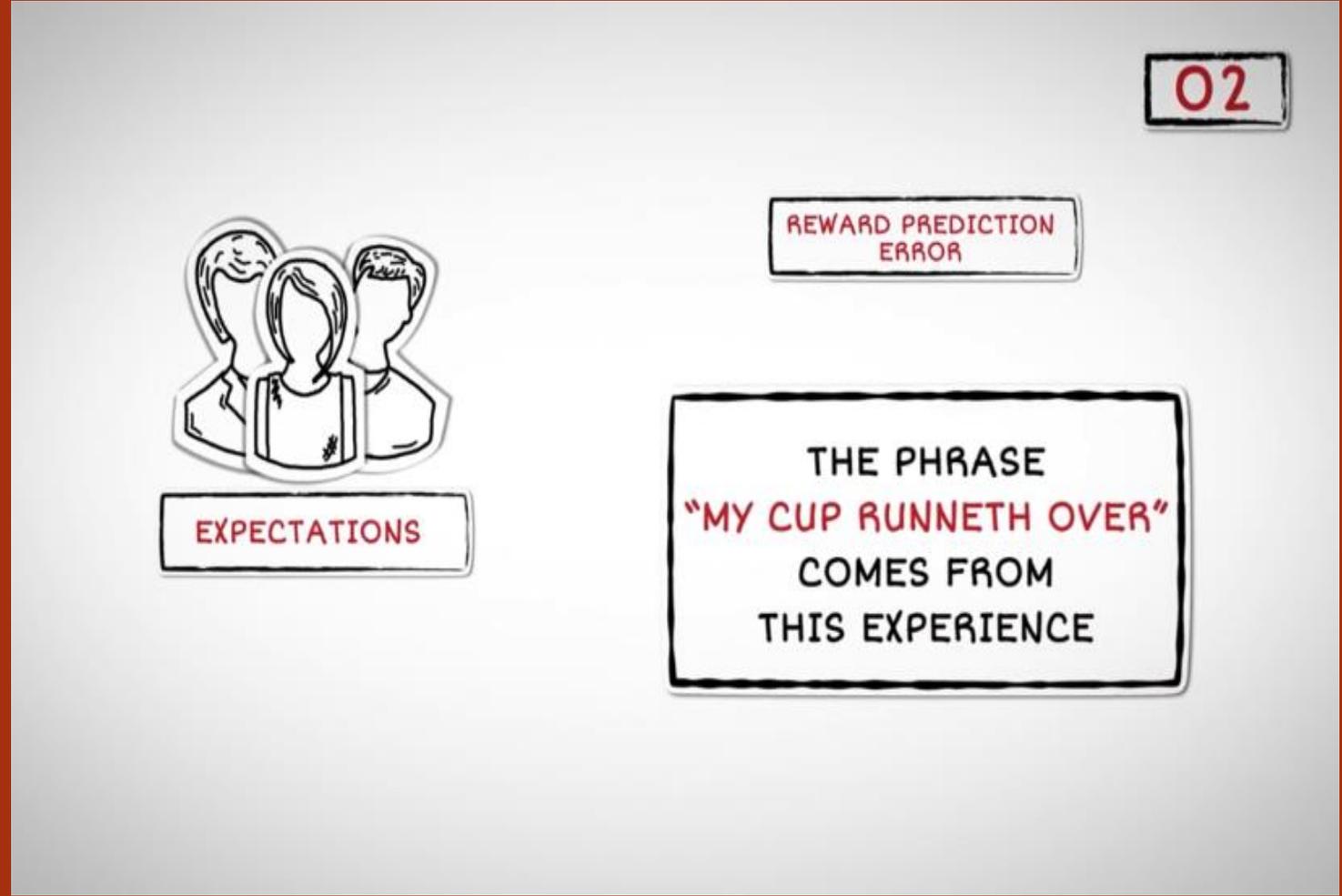


Dopamine drives us to the future



Reward Prediction Error:

When the expected becomes unexpected which increases dopamine dramatically and compels us to continue seeking the new thing. This can become addicting.



When we get accustomed to the new thing, dopamine is decreased.

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~~SOMETHING NEW~~
DOPAMINE RUSH

WE MAY THINK OUR
NEW PARTNER IS THE ONE,
JUST AS WE THOUGHT OUR
PREVIOUS PARTNER
WAS ALSO THE ONE

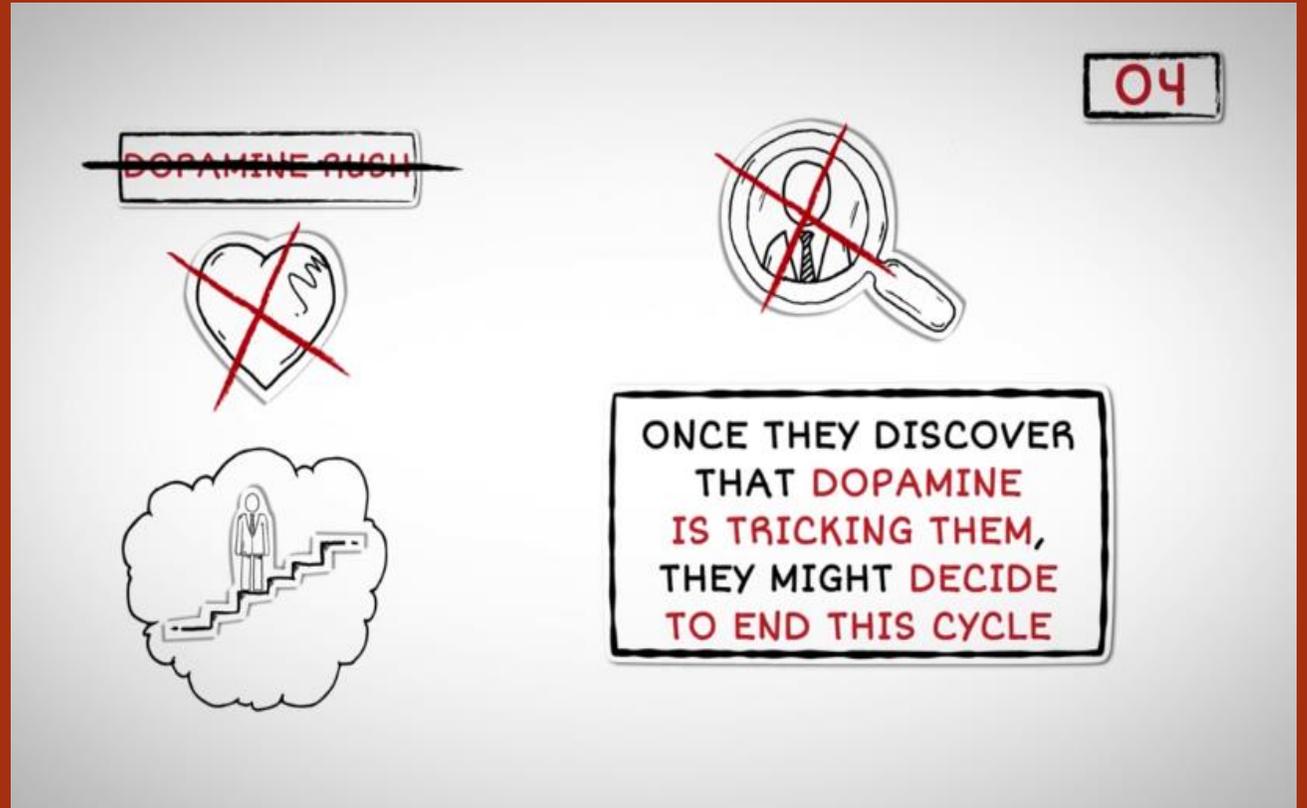
Dopamine
drops when the
unexpected
become
expected



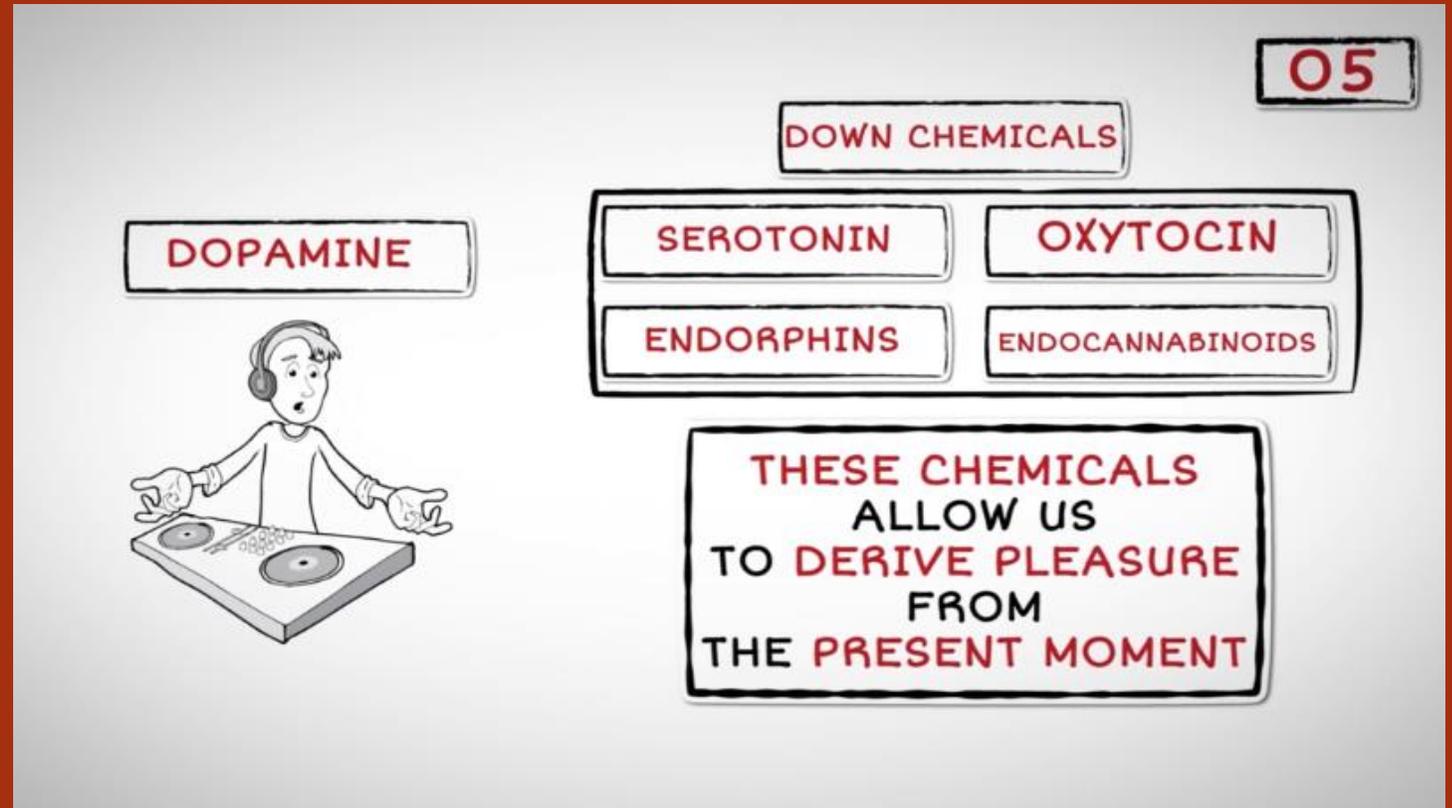
REACTION TO
PROMISING
SURPRISES AND
UNEXPECTED EVENTS

WHAT WAS ONCE
UNEXPECTED
BECOMES EXPECTED
AND EXPERIENCING A
DOPAMINE RUSH
BECOMES LESS LIKELY

We can then
possibly decide
to end the cycle



If we end the dopamine rush, we are able to enter into the here and now zone driven by the down chemicals.



Being able to shift from future craving (dopamine) to the present (here and now chemicals) is essential to mental health

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~~THE FUTURE IS A FANTASY~~

THE PRESENT IS REAL

DOPAMINE MAKES US CONSTANTLY WANT THINGS, WHEREAS THE HERE-AND-NOW NEUROTRANSMITTERS, THE DOWN CHEMICALS, ALLOW US TO APPRECIATE THEM

Dopamine fixes us on a future target and can be a good thing if balanced



**THE MORE DOPAMINE YOU HAVE,
THE MORE YOU ARE MOTIVATED
TO WORK HARD FOR YOUR
GOALS REGARDLESS
OF HOW TOUGH IT GETS**

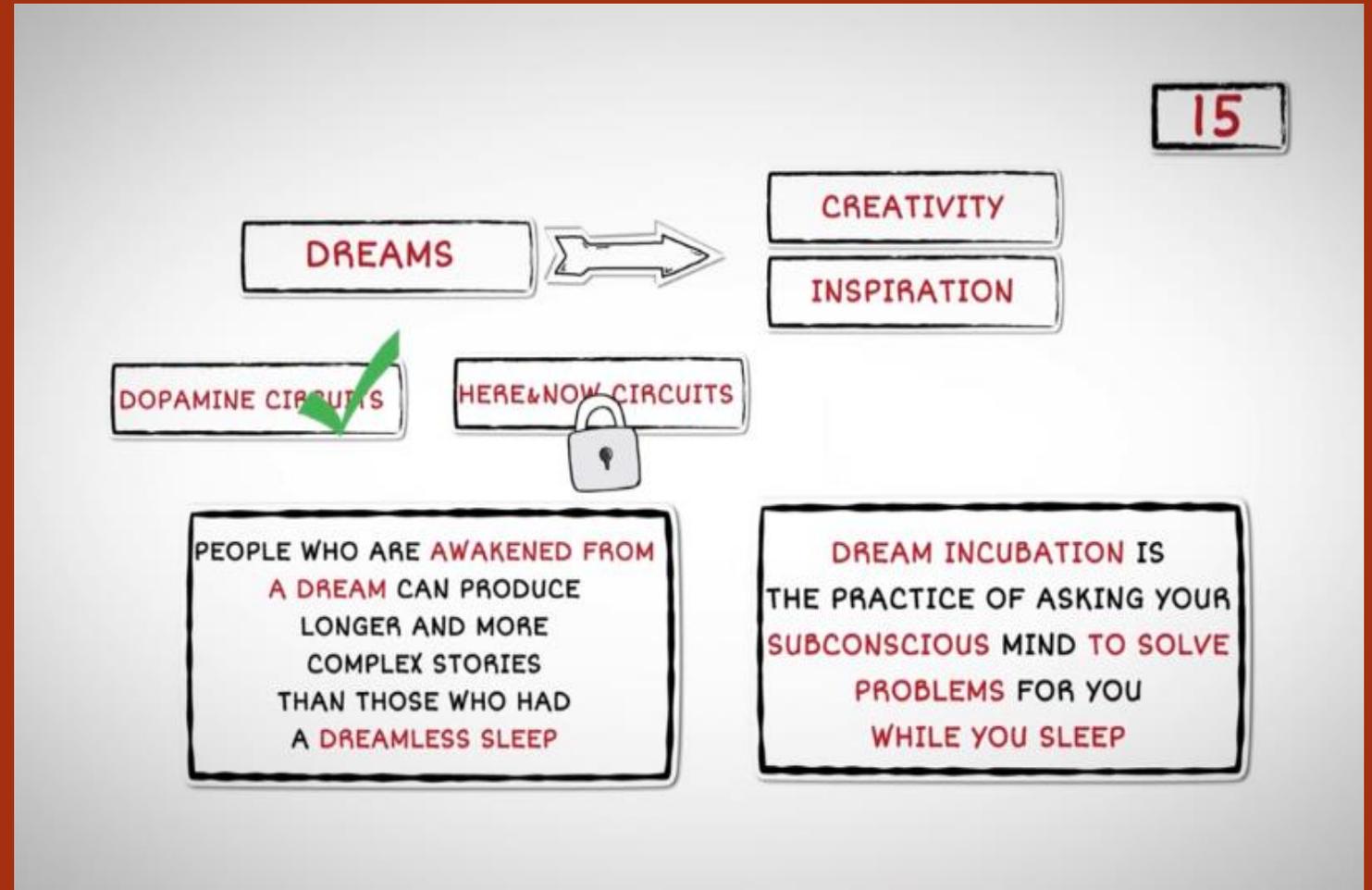
Dopamine used well: Fix on the target and ignore the distractions

CHARLES DARWIN

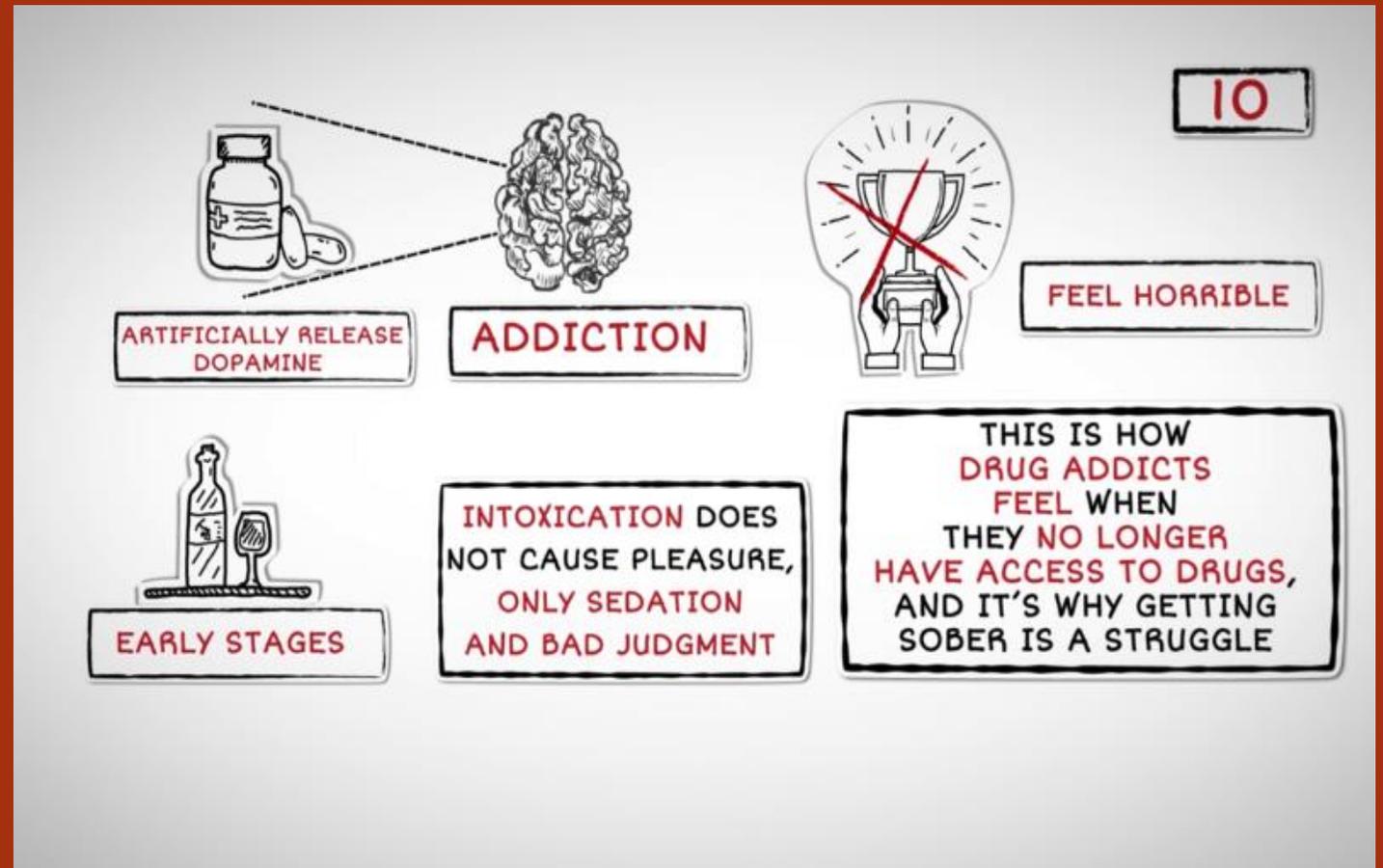
ONLY THE STRONGEST AND MOST ADAPTABLE ORGANISMS SURVIVE LONG ENOUGH TO REPRODUCE. OFTEN, IT IS THOSE WITH HIGH DOPAMINE WHO FIND IT EASIEST TO ADAPT



Dopamine used well: Creativity and Inspiration

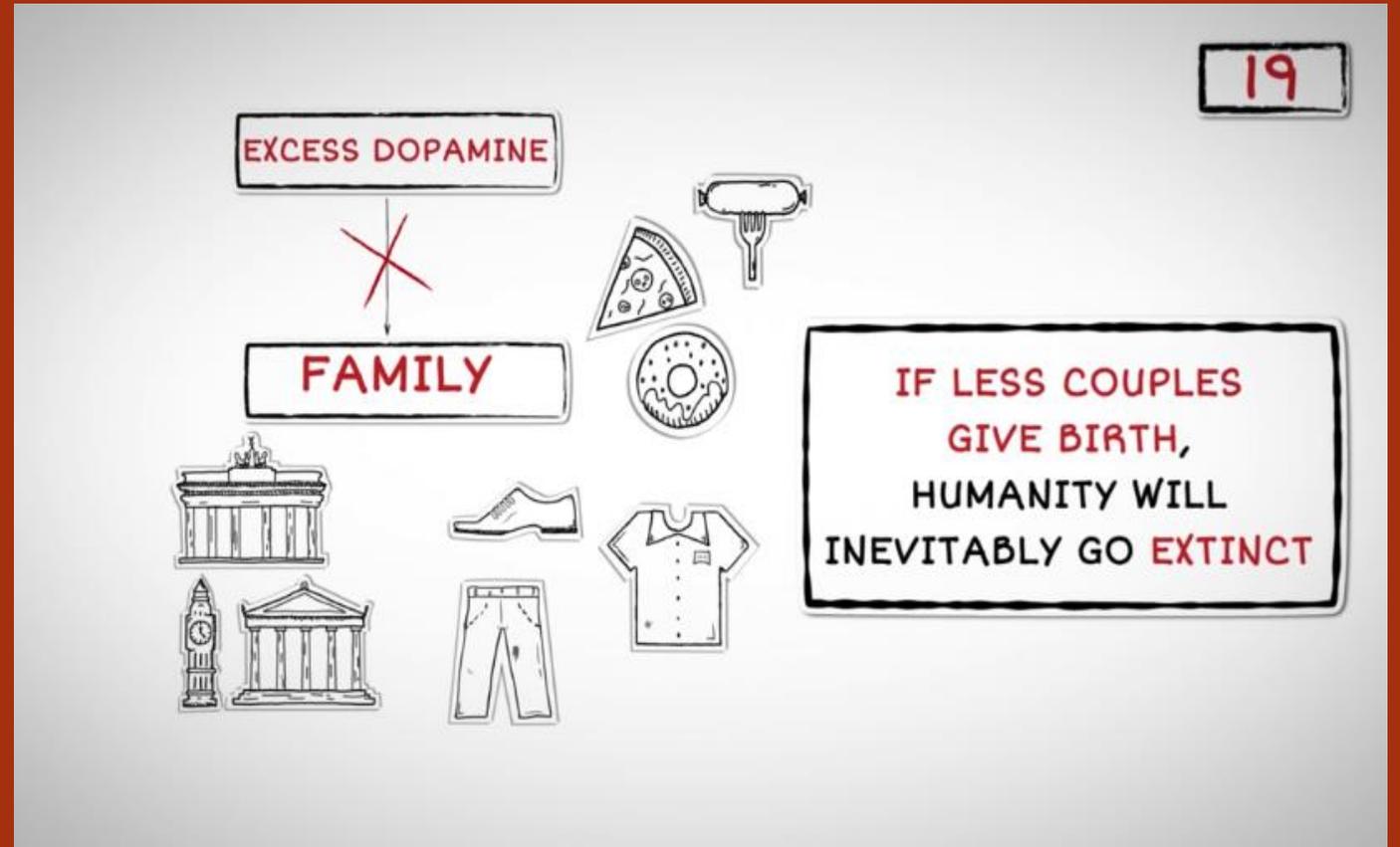


Dopamine and the escalation to addiction



Too much dopamine and too little Here & Now Chemicals are anti-family/procreation.

You get the goal but arrive there alone!



Dopamine and the escalation to addiction



Dopaminergic **Desire** and **Control** Circuits



There are two main dopaminergic circuits:

► **The dopamine desire circuit** (meso-limbic circuit) moves us toward more immediate future targets .

► **The dopamine control circuit** (meso-cortical-limbic) allows us to use the prefrontal cortex to apply the brakes if needed and evaluate the cost-benefit of moving toward the desired reward.

Here & Now Circuits

allow us to back of the future pursuit and enjoy the present and all that it offers – relationships, peace, connection

AGENTIC RELATIONSHIP

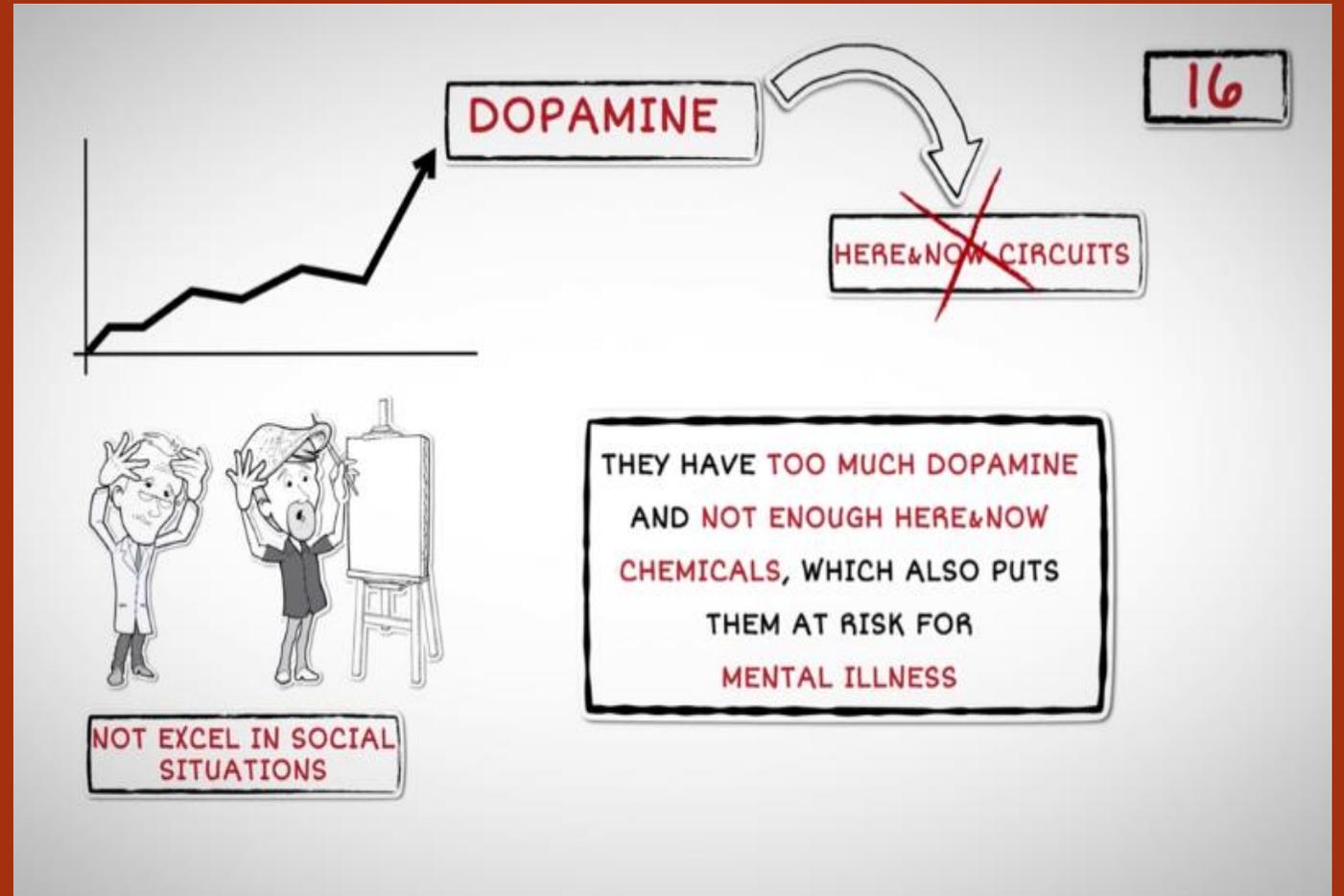


AFFILIATIVE RELATIONSHIP



IT IS POWERED BY
OXYTOCIN AND
ENDORPHINS

Excess Dopaminergic
circuits and too little
Here & Now Circuits
cause problems for
us emotionally



When dopamine and here and now chemicals are in balance, our lives will be balanced, and we can enjoy peace

THE ONLY WAY TO **SAVE OURSELVES**
IS TO **OVERCOME OUR OBSESSION**
WITH EXCESS AND **LEARN TO**
BE GRATEFUL FOR WHAT WE HAVE

