

Perspicacity Exercise

How does succumbing to bad habits (seeking cheap dopamine) affect my feelings and what are the outcomes?

It turns out that the biggest current roadblock preventing my success is watching pornography. In the past, I used to engage in this habit all day, every day. Now, these "long, all-day sessions" occur once every 3-4 weeks, but there are also these "small sessions" happening more frequently. By "small sessions," I mean brief peaks to quickly obtain a strong and fast hit of dopamine. I cut out every other source of cheap dopamine from my life, this is the last thing. Even though these sessions are short, they result in the following consequences:

A) Feeling like I am:

- Unworthy of money
- Unworthy of results in copywriting
- Unworthy of love
- Extremely guilty
- A loser
- Failing my ancestors

No matter how hard I work throughout the day, if I succumb to cheap dopamine even for a second, it erases all the pride I would be feeling by the end of the day.

B) Result:

- Breaking self-made promises, leading to disbelief in other goals I set
- Reduced motivation to work
- Temptation to return to the habit
- Increased likelihood of relapse
- Seeing my dreams slowly fade away instead of getting closer to achieving them.

If I were some all knowing outsider looking at my life (for whatever thing you're working on) what would they say the obvious move is? Why?

- The obvious move is never doing it again by simply stepping back from that feeling and instead of giving it power, let it slowly fade away.
- If that somehow doesn't help then go back to the identity document and read it.

What would Top G/Elon/Uncle Jim do in my situation?

- I don't think they would ever fall for it, but if they somehow did then they will walk through the factory line and find every broken part that has to be fixed in order to make sure that it'll not happen again.

What about my current self would future/past self be most disappointed/proud of?

- He would be most proud of me if I would never watch it again.

Brainstorming exercise

There's one more thing to completely cut out cheap dopamine and finally feeling proud of myself.

Free Flowing Word association

What words come to mind when I think of doing that:

- Loser stuff,
- Waste of time and energy,
- Broke,
- The one that will be responsible for eternal slavery of his bloodline,
- Idiot,
- Lier,
- Unworthy,
-

What words come to mind when I think of NOT doing that:

- Proud,
- Productivity,
- Believe in myself,
- Finally solved problem,
- Fulfilment,
- Closer to God,
- Smart,
- The better one,

Forced Connections:

What does my problem have in common with the Roman Empire?

- Just like citizens of the Roman Empire I get distracted with "circus" (cheap dopamine) and fun while everything around me is falling apart.

Roleplaying:

Let's imagine I'm a citizen in the Roman Empire.

It's another day at the circus. To be honest, it's getting kind of boring, but what else can you do? Work? For what? The food is here, and we can have fun, not stress at work.

Thankfully, tomorrow brings gladiator fights instead of the circus. I've been waiting for this for almost two months now. The day arrives. During the fights, I suddenly see enemies breaking through our gates and slaughtering everybody on their way to the Coliseum. They'll be here in a matter of seconds, and I can't do anything. I can't escape. I hugged my wife and child for the last time in my life.

Before getting punched in the face and passing out, I see them being taken. Now, I'm a slave, working for somebody else, doing things that I was too lazy to do before.

What happened to my family?

Are they dead or worse...?

Why did I spend every second of my free time drowning in pleasure instead of working?

I knew it was coming; there were some "crazy" people telling me that this would happen, but I couldn't believe it. I didn't want to believe it. Now, the pleasure is finished, as are my chances of being free.

All these things are happening right now. The enemy is not at the gates, but far beyond them, yet still not at the Coliseum. If I run (work) as fast as possible, they will not catch me, but most importantly, they will not catch my family. I'm lucky enough to be faced with a choice, which I don't even appreciate enough.

Will I let my family be taken away from me or slaughtered?

Will I let them enslave me?

Will I disappoint everybody?

I can't.

Compare/Contrast with an Analogous area:

- a) How is porn like partying and drinking?
 - Degeneracy,
 - Laziness,
 - Hungover day after or when source of dopamine is gone,
 - Useless reward,
 - Psyop,
- b) How is porn like doing drugs?
 - The more you do it, the more you regret and the less "fun" it gets,
 - Addictive,
 - Brings shame,
 - Makes you look like an idiot,
 - Quick and strong spike of dopamine,
 - Huge hungover when supply is gone,
- c) How is porn like playing video games?
 - Not existing reward,
 - "Success" without a risk,
 - Pussy move,
 - Loser stuff,
 - Genuinely nobody cares about it,
 - Normalized geekness,
 - Psyop

Reverse thinking.

How can I make this problem as easy as possible?

- Identifying with the feeling (not feeling X but being X),
- Let the idea living in my head rent free,
- Frame it as something good and healthy,
- Think about the old times when I did that regularly as good times and miss those times,
- Do not care about my inner growth,
- Do not believe that my ancestors are watching me,
- Stay away from God,
- Download all social media back,
- Reward myself with cheap dopamine after minimal amount of work,
- Think that I deserve it,
- Do not read identity document.