How I Finally Beat My Doomscrolling Addiction (My 6-Step Approach That Replaced 4+ Hours of Scrolling With 4+ Hours of Deep Work)

The Breaking Point

Before I figured out how to use technology in a healthy way, I was in a miserable cycle and was a slave to my devices and urges.

I was:

- Playing runescape in the background of my remote job.
- Watching porn for 1-2 hours per day.
- Doom-scrolling social media, watching youtube videos during all my “free” time.

And yeah, I tried everything: NoFap, willpower, cold turkey, but I'd quit for a few months MAX.

Then life got tough, stress hit, and I'd cave.

Every. Single. Time.

The failed attempts stacked up.

The guilt and shame got worse.

I thought I'd never be free.

But I kept researching.

Kept trying new solutions (whenever the shame got too overwhelming to do anything else).

And over the course of 8 years, I tested everything.

Some worked. Most didn't.

Then one day I stumbled across a single idea, buried inside a little-known addiction methodology, and it made everything “click”.

The problem wasn’t that I didn’t have enough willpower…

The problem was the story running in my head.

I had been brainwashed.

Once I "reversed" my brainwashing…

Urges felt weaker, focus felt easier, and quitting finally felt inevitable instead of "hard."

Everything started working that hadn't worked in the past.

So I took everything I'd learned, the failures, the experiments, the breakthroughs, the exact shifts that worked, and distilled it into the 6-step process you're reading now.

After going through the 6 steps:

- You'll stop scrolling uncontrollably or binging porn for hours.
- You can use your phone and laptop to do things like run a business, make real connections, and learn what interests you (instead of chasing dopamine hits).
- You won't have to have shame and guilt eating you alive.
- You can focus for hours and actually enjoy it.

The best part?

You never have to rely on willpower.

You never have to cut myself off from friends, family, and community.

You don't have to make *any* drastic changes.

The process is actually enjoyable.

This will only take **10 minutes** to read, and little time to implement in your own life.

The only catch is that you have to commit to reading it fully. No switching tabs. No bookmarking this. No adding it to your to-do list.

This is your chance to gain some momentum.

Take it and run.

Step 1: Educate Yourself on Why You Are Hooked

It’s not hard to see that EVERYONE is hooked on their phones now.

Toddlers are being raised by iPads.

Students are outsourcing their thinking to AI for basic answers.

And screen time numbers continue to rise across the globe.

In total, the average American spends 7 hours on screens per day (because of reporting bias, I suspect the real number is higher)[1].

As I researched this, I became aware that this increase isn't by accident…

It's by design.

Tech companies fund scientific studies, pay designers and coders millions, and pull together geniuses for ONE purpose:

To hook **you.**

To grab and keep your attention (the term "Attention Economy" exists for a reason).

Every time you click Instagram, every time you pull up a porn site (even the free ones), every time you open your search engine...

You are making SOMEONE money.

Empires are being built on capturing attention at scale.

And their ability to do it only gets better.

You need to understand this:

You are at WAR.

Your attention is your most valuable resource, and is the only tool you have that can set you free.

It's what lets you focus long enough to build a business, consume valuable information, form meaningful connections, and actually enjoy your time on earth.

You need to be constantly guarding it.

But knowing conceptually that your attention is being hooked unfortunately isn't enough.

You have to understand HOW they are hooking you if you want any shot of breaking free.

How Your Biology Is Being Hijacked By Tech Companies, Advertisers, and Influencers

On a basic level, our brains release dopamine to reward tasks that are essential to our survival.

Things like: sex, making money, eating, protecting your kids, getting stronger, exploring new territory, and finding solutions to problems in our surroundings.

We naturally prioritize these tasks that are most important to our survival without really thinking about it.

And for most of history, the activities remained in balance (if they didn’t, you weren't a productive member of society and likely were an outcast because of weird behavior patterns).

Then the phone and computer were invented.

Suddenly we got exposed to “supernatural” stimuli like: High Speed Internet Porn, Video Games, Online Gambling, Online Shopping.

Unlike natural stimuli, there's no biological regulator to stop us or keep our behavior balanced when we are engaging in these activities.

There’s no feeling of fullness. No thirst being quenched. No final satisfaction.

Instead, you can spike your dopamine levels to unnatural levels for **as long as you want.**

That's what happens when you are *"gooning"* or *"doomscrolling".*

You are spiking your levels and putting off the inevitable crash for as long as possible.

But like all stimuli, over time the novelty wears off.

You will need more and more stimuli to reach the same level of high.

That's why porn addicts get into more taboo topics .

That's why social media became more polarizing, enraging, and divisive.

And that's why video game developers are always releasing new updates and new games.

It's the only way to deliver the "fix".

And while your brain is being exposed to supernatural stimuli, mundane tasks become impossible to do.

Taking care of yourself? Cleaning your environment? Forget it.

How could you find those rewarding after frying your brain with hundreds of high-resolution pictures and videos of beautiful women?

(You can't).

Until you reset your system back to baseline and stop spiking it with supernatural stimuli, it will be an uphill battle.

Luckily, the brain resets faster than you'd think.

It's very malleable. It could actually reset in as little as a few days (full reset takes about 3 weeks according to the science).

Once you reset, those small tasks will start to feel rewarding and enjoyable again.

That's why "Dopamine Detoxes" are so popular.

They make you feel good temporarily.

But the benefits of Dopamine Detoxes never stay beyond the first few days after.

99% of people just slip back into the same old patterns.

Because there are two more deeper processes at play.

1) You're Getting Triggered Bro (Literally)

Every time you feel an urge to scroll, masturbate, or play video games, it's because **an uncomfortable emotion is arising that you don't want to feel.**

EVERY. SINGLE. TIME.

It doesn't matter what you are addicted to.

There will always be an emotional trigger before you get an urge.

Here's what the pattern of compulsive behavior actually looks like:

Painful situation → painful emotion → urge → compulsive behavior to numb feeling (porn/video games/social) → strengthened loop.

These patterns usually begin in childhood, and continue throughout our entire adult lives.

For many serious addicts, the original painful situations that led to seeking out numbing behavior were very traumatic.

However, the "painful situation" could be as simple as:

- Boredom.
- The sensation of responsibility.
- Doing something you don't want to do.
- Replaying embarrassing memories.

It doesn't matter.

As long as it feels uncomfortable to be present in your body and mind, it will trigger the above pathway.

So what does this tell us?

Your phone, video game, and/or porn addiction are a SYMPTOM of your unresolved emotional states.

Not the ROOT CAUSE.

The behavior is simply a way to avoid feeling the painful emotions.

Take a second and think:

Before you clicked this link, what were you doing? Why were you on your phone? What were you supposed to be doing? What were you feeling when you clicked?

You were probably experiencing a mix of lower emotional states like: grief, boredom, anger, fear, sadness, shame, guilt, or pride.

This led to pulling out your phone, or switching tabs, and ending up on X.

You've been getting triggered.

Just this realization is enough for now, you'll learn how to overcome this later on.

You have more education to get through.

2)You've Been Brainwashed By Society

When you sit in public now, what do you see?

Everyone is glued to their devices (even when they are out with other people).

People might give you a weird glance if you sit at a coffee shop and sip your coffee without looking at anything.

It's totally backwards.

We're experiencing the most normalized addiction in human history.

You'd never catch people shooting up heroin at a coffee shop at 8am.

You'd at least stare if they were binge drinking liquor.

But scrolling addictive short-form content?

Placing parlays on a sports betting app?

Online shopping?

Totally normal.

This is because we've been **brainwashed** by those profiting off our addictions.

It's one big scam.

They'd rather you sit at home binging porn instead of finding the love of your life because they profit off your misery.

This isn't some conspiracy theory rabbit hole (though I enjoy a good theory).

Not some big cabal (though honestly, wouldn't surprise me).

It's more a silent agreement between those who understand the human condition and decided to profit off it.

The more they convince you to stay plugged in, the more they make.

Simple.

Here are common beliefs that are infiltrating your consciousness and keeping you stuck:

- Porn is normal and everyone uses it
- It's hard to quit and requires immense willpower.
- Binge-watching Netflix is normal.
- Gambling is cool.
- I have to be on social media every day to know what's going on.
- It's weird to not be on my phone.
- I have to have my phone on and near me at all times.
- Every time I feel an urge, I have to give into it.

Some of these might be dominating your belief system.

But their hold is **weak**.

By continuing your education and reading the next section, you'll see there's no real argument to continue compulsive technology behavior.

Step 2: Reverse Your Brainwashing

Every time you've failed before, it's not because you are weak or that you're not good enough…

It's because you are being **logical**.

Huh?

How could spending all your time binging porn, scrolling social media, or playing video games possibly be *logical*?

It's because to your brain, it *is* logical.

You actually currently believe that the behavior is valuable to you in some way.

And that’s not because you are stupid.

It’s because you’ve been **brainwashed**.

Your brainwashing is why willpower-based methods NEVER work long-term.

The good news:

It’s easy to reverse brainwashing because there is nothing valuable about supernatural stimuli.

Doomscrolling, excessive video games, gambling, porn, excessive online shopping have ZERO intrinsic value.

They don't make your life better.

They don't heal emotional pain (they only delay it).

They don't ever have a stopping point.

You just have to see through the illusion.

Here’s a quick exercise to do (take 5 minutes now if you can spare it).

Write down you number 1 addictive pattern (for me it was porn, then doomscrolling).

Then ask yourself:

Why did I start using it? Could I remember the situation or first time?

What are the arguments for continuing to use?

What promises did this activity give?

What does it give me after years of usage?

What real-life activities could give me these things that were falsely advertised?

How would I feel if I lived without it?

By doing this, you will take the first step out of brainwashing and back into freedom.

I recommend eventually doing this for every pattern you want to get rid of.

Exercises like this plus more re-education are how you reverse it permanently. It just takes time and repetition.

And the more you make your unconscious beliefs conscious, the more the false ones fall away.

But there is one more layer to the brainwashing that must be defeated.

Defeating The Guardian Of Your Brainwashing

What's the last line of defense when you get ready to quit something?

What's the last emotion that comes up?

It's always FEAR.

Fear is the glue that holds addictions together.

There's tangible fear as the brain comes to terms with losing its regular dopamine deliveries.

Fear statements started popping up frantically for me:

"I'm going to miss something important"

"I won't be able to handle my emotions without this"

"I won't be able to relax"

It may even be impossible to think about a life where you aren't a slave to your urges.

But you aren't a slave.

And you sure won't let false fears dictate the rest of your life.

Here's another quick exercise:

Write down the fear statements and stories that come up when you think about quitting.

Look at each one and ask:

"Is this actually true?"

“Will this situation actually happen?”

“Is there a life-threatening risk?”
You don’t have to disprove them completely.

You just need to start to bring awareness to the stories that are keeping you trapped.

Over time, and after following the next steps, these will naturally start to fall away.

Step 3: Learn To Manage Your Urges

Once you start re-educating yourself and undoing the brainwashing, you will be able to gradually change your habits.

But you’re not going to "big bang" give up everything at once.

That never worked for me.

And there’s no way it ever worked for you either (otherwise you wouldn't be reading this lol).

So the first thing you will need to do is start building the habit of not responding to urges to pick up your phone/computer.

Because if you could stop yourself from picking up in the first place...

You’ll get stuck much less often and have more time to focus on education and reversing brainwashing.

Here’s how to do it.

Chances are, you likely aren’t aware of the urges you’re giving into.

As much as you don’t want to, suddenly you’ll find yourself 30 minutes into a doomscrolling session (or on my favorite porn site).

It’s completely **unconscious**.

It was signaled and your mind acted immediately.

You can’t beat what you don’t understand.

So you must understand what urges are and how to recognize them before they trigger you.

What Are Urges Really?

Urges are nothing more than signals from your brain to engage in behavior it considers essential to survival (they've just been hijacked like we've talked about).

Because the activities you are trying to quit release so much dopamine, the signals are stronger and they are constantly signaled.

Like Pavlov's Bell, you learn to unconsciously respond to these urges without thinking:

"Oh, it's Friday evening and I'm alone, I must masturbate now"

"Oh I saw an attractive girl on Instagram, I have to go to my favorite porn site"

"I'm sitting alone in public, I have to pull up my phone"

"I'm burnt out, I have to watch Netflix"

These signals differ for everyone, and you have your own unique set that keep you trapped.

The worst part is that they are endless.

There's no such thing as ONE MORE.

There will always be another urge.

Always another video or actress to find.

Another video to watch.

Another TikTok to capture attention.

It's an endless void.

There is never a bottom to the abyss.

You can keep responding forever, and that itch will never be satisfied.

You have to accept that you'd never get to the point you think you would.

From this point on, every time you experience an urge, start thinking:

"If I respond to this, I fall one foot deeper into the abyss. If I don't respond, I climb one foot up."

Because that's truly how your brain chemistry works.

You will be creating new patterns, and allowing new behaviors to form.

But unfortunately the signals don't always originate from your brain...

Blocking External Urges

Your phone is probably the biggest trigger of urges in the modern world.

It will send them as frequently as you allow it to.

Every notification is another invitation to enter the phone and lose your attention.

If you're serious about quitting, I highly recommend turning off notifications for everything not essential to daily life RIGHT NOW (texts from mom, important people at work, etc.).

Not everyone deserves your attention.

Especially not your **urgent immediate attention.**

If you want to take it farther, block a time where NO ONE can reach you.

Not your mom, not your spouse/girlfriend, not your boss.

(Usually making the time early morning flies in society for normal people btw. You don't have to do anything crazy).

Block all notifications, block your calendar, even turn your phone off and put it in a drawer.

(When was the last time you turned off your phone anyway?)

If you want you can tell your friends and family you are doing this. Within a few days they will respect it and not bother you.

They might even want to join you.

The important thing is that the less time in front of your phone, the less time it will trigger and trap you.

Sidebar: Why The Stakes Are High And You Need to Implement These Changes NOW

I bet all these things sound nice to do… ONE DAY.

If you think you can just bookmark this, then one day come back, you're WRONG!

When you respond to urges, either unconsciously or consciously, you are solidifying the patterns in your brain.

You will end up wasting **thousands** more of your precious hours engaging in behavior detrimental to your well-being.

If you don't plan to do anything about it within the next day, you will lose the inspiration required to take the first step.

Reading this again won't have the spike of dopamine as it does now.

DON'T GO BACK.

Go forward and implement these next few strategies to fight urges right now.

How You Will Beat Your Urges

Battling urges in the wild is different than just reading about them.

You have to build a key skill we've been talking about:

Awareness.

Here's how you will build your awareness.

Phase 1: Start tracking your urges.

You likely have a rotation of urges that hammer you all day.

It's actually not as random as you think.

It's predictable.

And it can be planned against.

Open a Google Doc or Apple Notes and write down your urges as they come:

Here's what it looks like in practice (example from my early journal):

- 10:45am - Pull out my phone
- 11:15am - Check X notifications
- 11:51am - Open up Reels
- 1:15pm - Check sports news/scores
- 3:04pm - Scroll X feed
- 4:30pm - Open up incognito and favorite porn site
- 6:15pm - Look at peoples' profiles on Instagram

At first it doesn't matter if it doesn't actually stop you from giving in.

You're just building awareness.

And it only takes a few seconds to implement this.

You can set a reminder on your phone to go off every 15 minutes with a link to the Google Doc, make a shortcut on your phone screen, or keep a tab open on your laptop.

Whatever you need to make it front of consciousness, do it.

Phase 2: Track Triggers

Next, you will start recognizing where these urges were triggered from.

Both the emotion and situation you are avoiding (going back to the work done in Step 1).

Full example:

- 10:45am - Pull out my phone
    - Fear
    - Awaiting feedback from my manager on a client proposal
- 11:15am - Check X notifications
    - Boredom
    - Sitting on a call I don't want to be on
- 11:51am - Open up Reels
    - Anger/Frustration
    - My manager left feedback I don't want to deal with
- 1:15pm - Check sports news/scores
    - Boredom

    - Sitting on another call
- 3:04pm - Scroll X feed
    - Guilt
    - Feeling guilty about procrastinating earlier
- 4:30pm - Open up incognito and favorite porn site
    - Desire
    - Feeling exhausted, don't want to finish work
- 6:15pm - Look at peoples' profiles on Instagram
    - Desire
    - Wanting to be social but exhausted, sitting in bed

By spending a few seconds doing this, you can start to link all the work that you are doing on improving your awareness.

After a few days some entries will start to look the same.

For the first 5-7 days, don’t even try to stop engaging in the behavior.

By just maintaining awareness while responding to the urge, you’re doing all the work you need for this phase.

Phase 3: Check In Afterwards

The last piece is checking in after you respond.

Track your emotional state after engaging in the urge to see if you truly are fulfilled, or if you feel better.

Example:

- 10:45am - Pull out my phone
    - Fear
    - Awaiting feedback from my manager on a client proposal
    - Ended up on Facebook and ESPN for a few minutes, felt Shame because I could've been working on something else while I waited
- 11:15am - Check X notifications
    - Boredom
    - Sitting on a call I don't want to be on
    - Felt guilt because I should've been taking notes, now I'm not sure what we talked about and I have work left to do
- 11:51am - Open up Reels
    - Anger/Frustration
    - My manager left feedback I don't want to deal with

    - Felt shame that I procrastinated, brain feels foggier, it'll be harder to address feedback, now I feel Fear too

You'll notice that you're never fully fulfilled, and likely one just bleeds into another.

From my own experience, I would go through things like switching from Reels, to X, then to YouTube, etc.

It's a cycle leading nowhere except more urges.

The more you maintain awareness of your body and emotional state while engaging in urges, the more you will naturally start to resist them.

Just do this for one week.

This is pretty much all you need to do to start the process of breaking free.

You'll learn to handle them in Step 5 where we go over quitting.

Step 4: Reinvent Your Relationship With Your Devices

All this is great, right?

Just spend a few days resetting biological and emotional patterns by not responding to automatic urges and never doomscroll again?

Unfortunately, this isn't alcohol, weed, or even heroin (dramatic but only by a stretch).

We live in the 21st century.

Phones and computers are essential to society.

To achieve success in most traditional paths, we have to use them daily.

Not only that, but we have to use them when we're in low emotional and energetic states (especially with a 9-5).

The majority of poor usage happens while you are working or doing homework, because you are already on your laptop or phone.

You can’t prevent the urge to pull out the device because you are already stuck on it.

That's why you have to establish boundaries and set up restrictions to save you when all else fails.

Restrictions Will Set You, Free…?

Here's the truth:

We've become spoiled and entitled.

We see unrestricted device access as a **right**, rather than a privilege.

There's no longer anyone to tell us to turn off our devices, go outside, or do something else (we need it more now than when we were children).

At first that unlimited access felt freeing.

Over time it became the very thing that keeps up trapped.

Once I discovered and implemented foolproof restrictions, I actually started enjoying my device usage again.

It felt more special and rewarding.

Even though I rarely get urges or use my devices poorly now, I'll never use any device without restrictions in place.

It's just that much better.

And it will be the same for you.

I wrote threads on the restrictions I use for both phone and laptop.

I highly recommend checking them out.

https://x.com/DopamineProj/status/1871339065590591563
https://x.com/DopamineProj/status/1873473621106061427

However there’s one downside to restrictions you need to learn about.

Otherwise, they would be a catch all and you could just skip the rest of the steps.

Your brain will start getting sneakier than normal to get dopamine hits.

If you restrict Reels, you'll start watching more YouTube and Facebook videos.

If you restrict social media, you'll start playing more video games.

And so on.

You'll need to adjust your restrictions and examine hidden patterns as they arise.

That's why this is only one tactic in your arsenal.

Without revisiting the first steps and focusing on re-education, building awareness, focusing energy on a new life, and establishing healthy replacement activities...

Restrictions on their own aren't enough.

And you have to personalize them to fit your own needs and life.

How To Establish Your "Healthy Usage Guidelines"

You have to decide what "healthy usage" looks like for you.

But I'll share my own experience.

I HIGHLY recommend completely quitting porn.

I personally chose to quit video games (not a total zero like porn, but close).

I occasionally watch shows and movies with family or my girlfriend.

I scroll social media sometimes.

But the caveat is that the intention is different.

it's always looking for new ideas, new marketing angles, and/or new people to connect with.

It's within the boundaries and parameters I set for my own healthy usage and fits into my personal goals.

Be realistic about it and set your own goals.

Here's a copy of what I used for myself, but you can use whatever you want.

Exercise: Healthy Usage Guidelines.

Step 5: Time To Quit.

It's okay if you're not ready to quit now since all this information is new.

But I'm going to describe the methods I used that allowed me to actually quit for good.

Once you're ready to truly quit, remember one thing:

You are not giving up anything valuable.

You are not giving up anything valuable.

You are not giving up anything valuable.

You're eliminating worthless time-sucking behavior that screws up your brain, damages your ability to form meaningful connections, and prevents you from finding true fulfillment.

It's the biggest one-sided trade in history.

And what does it cost?

Nothing.

Now let's get into the methods.

Method 1: Replace Feelings of Deprivation of Joy

The biggest breakthrough on this whole journey is re-learning how not to struggle.

Up until this point, everyone has always told you that it would be challenging and very hard to quit.

You’re told you need to feel miserable, feel powerful withdrawal symptoms, and feel deprived.

No one ever told you that you could just choose to feel good (even when you feel deprived).

But you know what urges are now.

Just biological signals.

You know that you won’t die if you resist them.

And that the more you don’t give in, the more your brain heals.

Every time you feel something negative going forward, constantly reminded yourself:

"Wow my brain is rewiring, I am one step closer to freedom"

"It feels good to be in control of my impulses"

Then you can consciously make yourself *feel* how good it feels to not be a slave to your desires anymore.

Just by catching urges, you can be FREE.

Nothing else needed to be done.

It's really that simple.

There's no set time to do this.

Just every time you remember and when you're experiencing an urge.

But if you start feeling anything other than enthusiasm, excitement, and even bliss for the idea of living a life where you no longer scroll, watch porn, and waste time...

Then you need to return to Steps 1-2 and do more Education/Brainwashing Reversal.

Because your brain still believes that whatever you are trying to quit is still valuable.

Method 2: Replace Scrolling Time With Positive Habits

Dopamine is not a bad thing.

It's essential to our survival (and thriving) as a species.

Only constant exposure to supernatural stimuli is bad.

When you no longer have huge amounts of dopamine flooding the system, there becomes a vacuum.

If you aren’t prepared for this, you’ll find sneaky ways to get stimuli or use smaller amounts that gradually build again over time.

You need to introduce replacement activities that also trigger dopamine to keep your system regulated and satisfied.

For me, these bigger replacement activities were:

- Meditation (morning and evening): ~45-60 minutes
- Journaling: 30 minutes
- Language Learning: 30-60 minutes
- Writing: 60 minutes
- Calisthenics or Muay Thai Classes: 60 minutes

Make a similar list of your replacements you'd like to add into your life, and plan how to implement them immediately.

But start smaller than this.

Habits that take 5-10 minutes are infinitely easier to stick to over time, especially when you’re just healing from the world of infinite immediate gratification.

Method 3: Establish Even Quicker “Alternatives” To Replace Urges For Scrolling

Those activities are good for free time.

But you also need short "trigger" activities that could give positive dopamine spikes when you are feeling very low.

Sometimes you will only have 5-10 minutes.

Obviously you can’t fit in a workout class, or a full meditation.

You need frictionless alternatives on your phone, laptop, or around your work area.

For me, these healthy alternative "trigger" sessions were:

- Language Learning App (Duolingo or equivalent)
- Urge Journal
- Body Scan Meditation
- Physical Journal

- Reading Books on Phone
- Quick walks with pocket journal
- Quick trigger workout session (push-ups, jump rope, etc.)

All of these released dopamine, moved me closer to my goals, helped build better patterns, and were very easy/quick.

Make a list of at least 5 that make sense for your goals and environment and make them easily accessible.

Also set reminders for yourself so that you can remember to use them.

Method 4: Visualize Your Healthy Usage in Action

This is probably the most "woo-woo" tactic, but arguably the most important.

If you don't believe visualization exercises work to create external change, I was in the same boat.

It wasn't until I discovered a core traumatic memory from my childhood that had shaped my personality patterns and many decisions over the years, actually **never happened.**

I had either imagined it or dreamed it.

Yet the impact it had on me was huge. I still had trouble letting it go even though I knew it never existed.

That's when I finally accepted that visualization exercises can ACTUALLY influence the external world and your future.

The visualization I continue to use and recommend you use is very simple.

It takes **5 minutes** at the end of the day, it can be done lying in bed (actually usually better to do in bed).

Just take a few deep breaths, then relive your day.

But instead, imagine it going EXACTLY how you wanted and planned.

Focus especially on times where you use your phone or laptop in ways that don't match your new way of being.

Imagine yourself taking a deep breath and putting down your phone instead of giving into a doomscrolling session.

Imagine yourself reading that book you said you'd read instead of watching Netflix.

Imagine enjoying your work and easily knocking it out for the day instead of procrastinating.

Relive these experiences in your mind with as much detail as possible, and make sure to feel the joy and satisfaction from choosing the right actions.

This will have an even stronger impact early on because it's likely been years since you actually felt what it was like to decline an urge and enjoy your day completely.

By rehearsing it, you will start making these decisions in your day-to-day life without expending any energy.

It works.

Just trust and try it out for a few weeks and report back.

Other Tactics That Will Help You Quit

Here's some other tips that worked for me:

- Start leaving your phone in the other room when working or relaxing
- Go on a walk without your phone
- Get up and briskly leave the room if you're having overwhelming urges (especially if laying down)
- Invest in blue light glasses when using devices for long times, especially in bed
- Limit brain fog by cutting out seed oils, eating only whole foods, and eating high protein
- If you use caffeine a lot, make sure to walk or exercise after drinking so hormones don't crash
- Dopamine naturally spikes and crashes, work hard when it's spiked and relax when it crashes, don't try to go against your body chemistry
- L-tyrosine is the best supplement I've found for helping spike dopamine without leading to a heavier crash afterwards
- Listening to music works as a mild stimulant, don't abuse it by constantly listening but it helps when quitting
- Writing down your to-do list is far more powerful than writing digitally, you should be writing on physical paper at least once a day
- Clear your to-do list often, only work on the essentials or you'll limit dopamine production (your brain thinks there's more to work on and isn't close to being done)

- Break down tasks into smaller pieces than you're used to. It produces more dopamine because you think you're getting more done
- Set lower-limit habits that are easy to follow, instead of habits that are big chunks of time
- Go at least one day a week without using your phone (check out here how to do that)

By leveraging all these techniques and improved understanding of your situation, you now have everything you need to quit.

If you're feeling excited, you have everything you need to be free.

Step 6: Prevent Yourself From Relapsing

There's one more step to ensure your transformation is permanent.

Even if you're leaving this with absolute conviction that you're ready to quit and will never fall victim to old habits again...

I urge you to express caution.

Life happens.

Big disruptive changes happen when you aren't expecting them.

And tech companies, marketers, and scientists are all figuring out subtler ways to hook you again.

You have to develop an ongoing practice to prevent this.

When I didn't have this in place, I had a few relapses even though I'd entirely quit and thought I was free.

It doesn't take long, it's not difficult, and it has more benefits to your life than just preventing you from wasting time and energy on your phone.

Here are the strategies to prevent yourself from returning to the old you.

Strategy 1: Set New Goals

Be careful of the vacuum.

Only a small percentage of the population can go from having their head in the phone all the time to pure quiet (and they were likely never hooked).

It's a deep ingrained habit that likely goes back to your youth (I started binge playing video games at 9 and it only led to other things).

Instead, gradually ramp up your time in silence, so you don't collapse and find excuses to pursue some other useless pursuit.

You need to set meaningful, actionable goals that set your heart on fire.

And once you accomplish those goals, find the next set.

Unfortunately there will never be a stopping point where you're completely satisfied and never desire again.

It's often after big goals are accomplished where you're most vulnerable.

Always make sure you're motivated and driven.

Strategy 2: Never Stop Learning

Did you learn a language in high school?

How many words of that language can you speak now after not practicing for years?

Likely not many.

I minored in Chinese in college and can barely say 10 words because I no longer practice, speak it, or learn it.

It's a shame, but the brain tends to conserve energy and focus on knowledge most relevant to current demands.

If you just put this down, never revisit it, never read any resources, and get too comfortable, you'll forget why it became easy to quit.

Societal brainwashing is subtle and catches up quickly.

You'll find the arguments for not abusing your phone aren't as articulate, and giving into the crowd becomes a more attractive option.

You'll start to slowly let it back into your life.

It's the unfortunate truth of the world we live in.

Luckily it doesn't require much maintenance.

Just keep a habit of reading a related book, read others writing on the same topic, revisit this course, listen to podcasts like Huberman, and/or subscribe to my newsletter if you haven't already.

It doesn't matter.

Just never stop learning and keeping the material fresh.

Strategy 3: Establish Emotional Regulation Habits

The most important part of maintaining this transformation is figuring out ways you can consistently regulate and integrate your emotions.

Everyone has different preferences.

It could be any of these practices, or multiple:

- Meditation
- Guided meditations
- Church
- Spiritual groups
- Bioenergetics
- Yoga
- Qi Gong
- Journaling
- MMA
- HIIT Classes
- Therapy
- Open conversations with trusted friends
- Walking

It doesn't matter what you choose.

It matters that you choose your favorites and stick to them, ESPECIALLY when it feels like you don't need them, or when you feel you don't have time.

Once your emotions take over again, you become vulnerable once again.

Strategy 4: Avoid the "Just One Time" Trap

The most insidious strategy your brain uses in low energetic or low dopaminergic states is "just one time" won't hurt.

But you need to avoid this at all costs.

After you are no longer biologically hooked, you won't feel the same withdrawal pangs if you do it one time.

It'll feel like just a sweet little release or "stress reliever" if you cave in.

But you're slowly greasing your pathways again.

Soon the next time you feel low, your brain will trigger urges again.

It'll say things like "oh that wasn't that bad, you've done so well for so long, it won't hurt anything".

And before you know it, you've been hooked again.

And now your pride is in play.

You don't want to admit you're hooked again, so you shut off.

Not good.

Instead, if you ever fall victim to the "one time" trap (it's okay, we're human), have a relapse playbook.

The purpose should be to:

1. Assess why you relapsed (what emotions, what external events, what internal states)
2. Figure out what brainwashing patterns have reappeared
3. Figure out what habits or routines have fallen off (education, emotional regulation, stale goals, etc.)
4. Remind yourself of the benefits of your new life vs the life of a digital slave
5. Forgive and move on

Don't let one slip up end up a spiral.

Strategy 5: Do Regular Digital Deepcleans

Just like our physical environment, our digital environments accumulate clutter.

This has an effect on our well-being and ability to use devices the way they're intended.

I recommend doing weekly cleans and quarterly "deep cleans" to keep them fresh and productive.

Here's what I recommend.

https://open.substack.com/pub/dopamineprojectco/p/the-art-of-the-digital-deepclean?r=9k5ml&utm_campaign=post&utm_medium=web

Strategy 6: Remember To Treat Your Devices as Tools

The last strategy is more of a reminder but is incredibly important.

Your devices are **tools**.

It's not a crutch. It's not an emotional regulator. It exists to make tasks easier and knowledge more accessible.

That's it.

Therefore, every time the device is turned on, there should be a clear intention for why you use it.

If you're struggling with it, or very tired, literally say out loud or write down why you're using it.

Ex:
"Googling a recipe"

"Writing for 30 minutes"

"Scheduling 3 tweets"

It's literally that simple but it works.

Chances are you can't remember what you originally opened up your phone or laptop for before you started reading.

It surely wasn't this.

But thankfully this is a productive hijacking, not one that will further your enslavement.

Let’s wrap things up.

Final Thoughts

Thank you for taking the time to read everything.

I hope by now you're feeling super excited knowing you have everything you need to quit.

You should feel free of shame and guilt.

I highly recommend going for a walk and doing anything other than going back to the scroll.

If you want more, I recommend you read through this again.

If you want something more guided, you can get my free 5-Day to Phone-Free challenge.

If you sign up now, you'll get day 1 in your inbox tomorrow at 9am EST.

It's designed to be the perfect follow-up to this.

But for some people, this might be enough.

And that's okay. I designed this free mini course to be standalone.

If you have any questions, you can always reach me over X, or at info@dopamineguy.com

Cheers,
TDG

P.S. By enrolling in the 5-Day Phone Free you will also be part of my normal mailing list, you can opt out at any time.

P.P.S If you got anything out of this, please put down your phone or laptop after this for a bit. There's no more information that needs to be consumed to start. I promise you that you'll feel significantly better once you're out of this cycle. It's a night and day difference and I really want you to experience it.