



The Dopamine Connection: Reflection & Regulation Worksheet

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Dopamine helps your brain decide when to take action, when to rest, and how to balance motivation with satisfaction. It's not just a "feel-good" chemical — it also helps regulate anxiety, decision-making, and emotional response.

This worksheet helps you explore how dopamine shows up in your life — and how to support balance through awareness.



STEP 1: NOTICING YOUR PATTERNS

When my dopamine feels low, I notice:

- ☐ I struggle to start tasks
- ☐ I feel unmotivated or numb
- ☐ I crave stimulation (scrolling, snacks, shopping)
- ☐ I feel anxious or restless
- ☐ I feel emotionally flat

When my dopamine feels high, I notice:

- ☐ I feel energized and creative
- ☐ I have more focus and follow-through
- ☐ I'm more social or expressive
- ☐ I feel a "rush" but sometimes crash later
- ☐ I get overstimulated or scattered



STEP 2: BUILD YOUR DOPAMINE MENU



Appetizers (Quick boosts 1–5 min)

Example: stretch, sunlight, music, pet cuddles



Entrées (Sustained focus or flow)

Example: cooking, exercise, reading, creative work



Sides (Comfort and grounding)

Example: light candle, journal, call a friend



Desserts (Short-term dopamine hits)

Example: scrolling, shopping, sweets, gaming



Specials (Long-term joy and purpose)

Example: travel, art, volunteering, kindness