

Dopamine Fasting

Posted by future paltiel - 29 Sep 2022 23:37

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Greetings fellow GYE users.

Do some of you know the right steps to make a proper Dopamine Fasting?

It will be greally appreciated.

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Re: Dopamine Fasting

Posted by iLoveHashem247 - 30 Sep 2022 03:02

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intriguing, please clarify?

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Re: Dopamine Fasting

Posted by IronWolf - 01 Oct 2022 15:07

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It's simple. You just avoid the things that give you a dopamine boost for a period of time, like:

-music

-sugar

-alcohol

-games

-movies and tv series

-social media(Instagram, Facebook, TikTok, youtube, etc..)

-ejaculation

-and the greatest thing for dopamine fast is guarding your eyes (no looking at any woman's body, not even on television, only you can look at your wife),

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Re: Dopamine Fasting

Posted by future paltiel - 02 Oct 2022 14:24

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Would you consider the GYE forum as social media?

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Re: Dopamine Fasting

Posted by Mesayin - 02 Oct 2022 15:35

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Your answer is in your question. Just don't do the things that give you a high shot of dopamine for a week or two.

What else is there to do?

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