

DO Therapy

Change the Input

Learning What Your Brain Needs

Your brain isn't supposed to operate at the same level of stimulation all day. Sometimes you need more. Sometimes less. Sometimes you don't need more or less.

You need **different**.

The goal of this exercise isn't to make your brain quiet.

It's to get better at noticing what state you're in and experimenting with what helps.

NOTICE

Start noticing when your brain begins looking for **what's next**.

Maybe you:

- Pick up your phone.
- Open another tab.
- Turn something on.
- Start another project.
- Look for something to eat.
- Pour a drink.
- Check messages.
- Shop.
- Scroll.
- Switch tasks.
- Look for excitement.
- Create something else to do.

Don't change anything yet. Just notice.

- **WHAT WAS HAPPENING?**
- **WHAT DID I REACH FOR?**
- **WHAT WAS I FEELING BEFORE I DID?**

Now identify your state.

- **UNDERSTIMULATED** = Bored | Restless | Uninterested | Searching | Distracted
- **ENGAGED** = Interested | Alert | Present | Focused | Flexible
- **OVERSTIMULATED** = Scattered | Irritable | Mentally noisy | Overloaded | Exhausted but still going

I THINK I WAS?

Now ask: **WHAT WAS I ACTUALLY LOOKING FOR?**

- Stimulation?
- Reward?
- Relief?
- Escape?
- Movement?
- Connection?
- Challenge?
- Recovery?
- Something else?

REVIEW THE GAME TAPE

Choose one recent example. Slow it down.

- **What was happening before I went looking for stimulation?**
- **What did I choose?**
- **What did it give me?**
 - Interest?
 - Relief?
 - Energy?
 - Excitement?
 - Escape?
 - Connection?
 - Focus?
- **What did it cost me?**
 - Time?
 - Sleep?
 - Money?
 - Attention?
 - Energy?
 - Health?
 - Relationships?
 - Responsibilities?

What happened afterward? How Did you Feel?

- More regulated?
- More
- More regulated?
- More restless?
- More tired?
- Satisfied?
- Still looking for something?

DID IT ACTUALLY GIVE MY BRAIN WHAT IT NEEDED?

PRACTICE

Now experiment. Before automatically reaching for your usual source of stimulation, pause long enough to ask: **WHAT DOES MY BRAIN NEED RIGHT NOW?**

Choose one:

MORE: My brain needs more engagement.

Try:

- Movement
- Music
- Challenge
- Novelty
- Social interaction
- A change of environment
- A hands-on activity
- Something interesting to solve

LESS: My brain has too much coming in.

Try:

- One screen instead of two
- One task instead of several
- Notifications off
- Fewer tabs
- Less noise
- Step away from the screen
- Reduce competing inputs

DIFFERENT: I need stimulation but maybe not more of the same.

Try:

- Digital → Physical
- Thinking → Doing
- Sitting → Moving
- Passive → Active
- Screen → Outside
- Consuming → Building
- Alone → Social
- Scrolling → Creating

NOTHING YET

Maybe you don't need to immediately solve the feeling. Try letting boredom, restlessness, or the desire for another input exist briefly before responding. Not forever. Just long enough to create a choice.

BUILD REPS

Run the experiment several times. You're learning your own patterns.

REP 1

- My state:
- What I thought I needed:
- What I tried:
- What happened:

REP 2

REP 3

REP 4

Now look across your reps.

I tend to seek stimulation when:

- My automatic go-to is:
- What works better than I expected:
- What tends to make things worse:
- One source of stimulation I may be relying on too heavily:
- One alternative I want to use more often:

TEST & LEARN

Don't try to eliminate stimulation. Learn how **your** brain responds to it. Notice when you need: **MORE. LESS. DIFFERENT.** Or **NOTHING YET.** Then experiment. Notice what happens. Adjust. Build reps.

The goal isn't a quieter brain. It's a brain with more ways to regulate.