

What I Do with My Seeking Circuitry

We focus our brain's seeking circuitry on things that are bad for us, good for us, or somewhere in between. We focus our seeking circuitry automatically or deliberately. This handout is an opportunity to reflect (without judging yourself) on what you've been doing with your seeking circuitry, and to come up with some goals for how you can focus your seeking circuitry on enjoyable, fun and/or healthy things and on what's most satisfying and fulfilling in life.

First, write down things you do that are (a) "quick fixes" to escape unpleasant experiences, (b) enjoyable, fun, and/or healthy, and (c) very satisfying and fulfilling. Then write down substances you use (a) for quick-fix escapes or (b) that are enjoyable, fun and/or healthy but not harmful (in the ways you use them). Finally, write down some goals for doing (more of) things that are or will likely be (a) enjoyable, fun, and/or healthy and (b) very satisfying and fulfilling, and write down some contemplative practices (e.g., types of prayers, meditations, yoga) that embody and cultivate such experiences and states.

(Harmful) Quick Fix

Enjoyable, Fun, and/or Healthy

Very Satisfying and Fulfilling



Behaviors

Substances / Foods

Goals

Contemplative Practices
