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Tame Your Triggers

§ 1. Every Day You Do At Least One Round Of Tapping. One Round Means: A. Doing One Set-up Statement And Saying It Three Times, Then B. Tapping On The Eight Points, Two Times Around. § Use The Tapping Sheet In The Appendix To Help You Remember. § You Don't ... Jan 2th, 2024

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WHAT THE ADHD BRAIN WANTS---AND WHY - ...

Reckless Driving, And Compulsive Buying Increase Dopamine Even More. In Fact, All Substances Or Behaviors That Trigger Dependencies Increase The Release Of Dopamine And Reduce The Impulse Controlling Effects Of Serotonin. Dopamine-increasing Behaviors Are Actually More Gratifying To ADHD Brains Than To Non-ADHD Brains. Jul 2th, 2024

The Worry Trick How Your Brain Tricks You Into Expecting ...

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