

The Negative Effects of Too Much Dopamine



Addiction

Addictive activities/substances cause elevations in extracellular levels of dopamine.

The more they are repeated, the more our neural pathways begin to predict, and crave, the reward.

Decreased Sense of Pleasure

The more you repeat an activity, the less pleasurable it becomes in the future.

As a result, those activities you once loved, when repeated consistently, will become less pleasurable.

Dopamine Crash

What goes up must come down; dopamine is no different.

After every peak comes a subsequent crash, where we feel less motivated than before we started, lasting as long as it takes to replenish the lost dopamine.

Lacking Motivation

When dopamine spikes are abused, our baseline level is negatively affected.

A lower baseline will decrease general levels of motivation, focus, and clarity, even for simple tasks.