

DOPAMINE MENU

Decide before you need to. Pre-builds a menu of actually-available rewards and stimulation, sorted by effort, so regulation doesn't depend on deciding in the moment.

01 // WHAT THIS IS

BUILD THE MENU BEFORE YOU NEED IT

This worksheet builds the menu in advance, while you're regulated enough to think clearly, so that on a harder day the only job left is picking from a list instead of generating options from nothing.

02 // HOW TO USE IT

- 1. Build it when you're regulated.** Not in the moment you need it. Future-you won't have the bandwidth to brainstorm.
- 2. Sort by effort honestly.** A shower and a phone call to a friend are not the same ask on a hard day, even if both "count."
- 3. Keep the low-effort column stocked.** That's the one you'll reach for most, especially on the worst days.
- 4. Update it as things change.** What reliably works shifts over time; treat this as a living list, not a one-time build.

03 // WHEN TO USE IT

A NOTE BEFORE YOU START

Built for ADHD brains where deciding what would help is often the part that's broken. This is a support tool for everyday regulation; if nothing on any tier helps anymore, that's worth naming with a clinician rather than solving with a longer list.

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DOPAMINE MENU

DATE BUILT

NEXT REVIEW DATE

01 // BUILD WHILE REGULATED

Low Effort

Almost no activation energy
required.

LOW-EFFORT DEFAULT

Medium Effort

Doable with a bit of a push.

MEDIUM DEFAULT

High Effort

Save for days with capacity.

HIGH DEFAULT

REQUIRED FUEL.
NOT EARNED.

Pick from the list. Don't generate from nothing.