

**QUESTIONS FOR DISCUSSION**  
**TheGoodShepherd**  
**7 DAY DOPAMINE DETOX PLAN**

1. How does the concept of dopamine relate to the teachings of our Catholic Christian faith, and what implications does this have for our spiritual lives?
2. In what ways can reducing our reliance on dopamine triggers help us grow closer to God and live a more fulfilling Christian life?
3. How can recognizing and managing our dopamine triggers be seen as a form of self-control, which is a key virtue in our faith?
4. What role can spiritual practices, such as prayer, fasting, and reflection, play in reducing dopamine triggers and promoting a more balanced and disciplined lifestyle?
5. How does the biblical passage referenced in the video, "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:34) relate to the concept of dopamine detox and our spiritual lives?
6. How can the 7-day dopamine detox be seen as a form of self-discipline and sacrifice, which are central tenets of our Christian faith?
7. What are some practical ways we can incorporate Christian spirituality into the dopamine detox, and vice versa?
8. How can we support our fellow brothers and sisters in Christ who may be struggling with addiction or unhealthy habits related to dopamine triggers, and help them grow in their spiritual lives?
9. What are some of the unique challenges that Catholics may face when trying to reduce their reliance on dopamine triggers, and how can we overcome them with faith?
10. In what ways can the insights gained from the dopamine detox help us deepen our relationship with God and live out our Catholic faith more fully?