



14 Days to Sustainable Happiness

a workbook for every brain

**Loretta Breuning, PhD
Inner Mammal Institute**

This workbook explains your power over your emotions in the simplest way. You will learn how to manage the chemicals that make you feel good: dopamine, serotonin, oxytocin, and endorphin; plus the bad chemical, cortisol. You'll see how these chemicals work in animals, and how the animal part of your brain manages them. It's a step-by-step method with no jargon.

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Retrain your brain to boost your
serotonin, dopamine, oxytocin
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InnerMammalInstitute.org



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This book is dedicated to
the many readers who give me
valuable feedback.
They remind me every day that
we're all mammals!

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Loretta Graziano Breuning, PhD

Habits of a Happy Brain

Retrain Your Brain to Boost Your Serotonin,
Dopamine, Oxytocin and Endorphin Levels

Status Games

Why We Play and How to Stop

Tame Your Anxiety

Rewiring Your Brain for Happiness

The Science of Positivity

Stop Negative Thought Patterns by Changing
Your Brain Chemistry

Preface

A NEW VIEW OF HAPPINESS

This workbook helps you find your power over your happy brain chemicals: dopamine, serotonin, oxytocin, and endorphin. It's a step-by-step program that tells you what stimulates good feelings, and how to get more of them. There is no fast, easy way, it must be said. But you can learn sustainable ways to turn on your happy chemicals and replace any unsustainable happy habits you may already have.

Most important, you will build realistic expectations. Our happy chemicals are not meant to flow all the time. They evolved to reward you for taking steps to meet your needs. Small steps are enough as long as you keep taking them. In the next two weeks, you will learn to take realistic steps and enjoy the happy-chemical rewards.

This new approach is rooted in basic biology. More complete explanations of the science can be

found in my book: **Habits of a Happy Brain: Retrain your brain to boost your serotonin, dopamine, oxytocin and endorphin levels.** This workbook is a companion to that book.

Our happy chemicals are controlled by neural pathways built from past experience. This book helps you discover your unique neural pathways and your



power to build new ones.

There is no right way to happiness because each brain is wired from its own lived experience. Each of us must manage the brain we have.

You can feel good by understanding the wiring you've built and adding to it as needed. You can't do this if

you're focused on the wiring of others, which is why this book has few examples. If you are eager for examples, turn to Day 14 (the happy ending!).

You can use this workbook alone or with professional counseling. You might use it with a group so you can discuss your responses to the exercises with others. You could even create your own Inner Mammal Support Group. Dr. Breuning will do a free Q&A with your group on completion of the 14 days. Contact her at: innermammalinstitute.org.

The method presented in this book is not affiliated with any religion, therapy, or philosophy. It is only based on the work of the Inner Mammal Institute. Each reader will mesh the new information with their existing beliefs in their own way.

What is the Inner Mammal Institute?

It's not really about animals.

It's not about happiness as your verbal brain defines it.

It's about the happy brain chemicals we've inherited from earlier mammals: dopamine, serotonin, oxytocin, and endorphin. These chemicals are designed to do a job, not to flow all the time. When you know how they work in animals, you can find healthy ways to stimulate yours. You can train your mammal brain and your verbal brain to work together. Find many free resources to help you do that at: innermammalinstitute.org.

Nothing is wrong with you! Nothing is wrong with us! We're mammals.

Disclaimers:

This book is not intended as medical treatment.

Nothing in this book is intended to support breaking the law. The rule of law benefits all of us.

Day 1

YOUR POWER OVER YOUR BRAIN

Today you will learn:

- **why everyone has ups and downs**
- **how we produce our feelings**
- **how to find your power over your emotions**

When you feel good, your brain is releasing a happy brain chemical: dopamine, serotonin, oxytocin, or endorphin. We want these great feelings all the time, but our happy chemicals don't work that way. They're designed to do a job, and when you know the job, you can find healthy ways to stimulate them. You will find sustainable paths to happy chemicals, and repeat them until they feel natural. You can avoid unsustainable paths to happy chemicals – behaviors that feel good in the short run but hurt you in the long run.

It shouldn't be so hard, you may say. It seems like others get happy chemicals easily. The truth is, they do not. The brain evolved to promote survival, not to make you happy. It saves the happy chemicals for moments when they help meet a survival need. It releases unhappy chemicals when you see threats to meeting a need. But our brain defines "needs" in a quirky way. Those quirks are the subject of today's lesson.

We humans have two brains— a cortex that's unique to humans and a *limbic system* that's almost the same in all mammals. This mammal brain controls the chemicals that make us feel good and bad. It cannot



process language, so it cannot tell you why it is releasing a chemical. The human cortex controls language and abstract thought, but it cannot control your chemicals. Our two

brains are literally not on speaking terms, and that's why our emotions are so hard to make sense of.

Your mammal brain sees things as a matter of life or death because it evolved to promote survival. Your verbal brain tries to come up with "good reasons" for

these responses. It's not easy being a big-brained mammal!

We have two brains because we need both. Do not assume your animal brain is the bad guy. Do not think your human cortex is the bad guy. Each brain has an essential job. When they work together, you can find good ways to feel good. You can help your two brains work together like a horse and rider. You can make peace with your inner mammal by giving it what it needs in safe, healthy ways.

Research on animals helps us understand what triggers happy chemicals in our lower brain. This week, you'll find out what triggers an animal's dopamine, serotonin, oxytocin, and endorphin, as well as their threat chemical, cortisol. You will see how these chemicals are controlled by old neural pathways. Next week, you'll be ready to find your own pathways and your power to rewire them.

Humans and animals differ in important ways. Creatures with smaller brains are more hard-wired at birth. They leave home at a young age because they're already wired with the survival skills of their



ancestors. Bigger-brained creatures have longer childhoods because they build survival skills from lived experience instead of being born with them. **Your wiring was built from your own early experience. You don't consciously think about your childhood when you take steps to meet your needs, but each brain relies on the wiring it has.**

No one's wiring is perfect because childhood experience cannot be a perfect guide to adult challenges. We all need to update our wiring at times. When you know how to do that, you have power over your emotions.

You may be thinking that emotions are completely different from survival skills. But if you think of emotions as nature's GPS, life makes sense. **They tell you to go forward toward rewards by releasing a good feeling, and to retreat from harm by releasing a bad feeling. In the animal world, things that feel good are good for you.** In today's world, it's complicated, but it helps to know that the operating system we've inherited motivates survival action by making it feel good.

Our distant ancestors had to seek food constantly to survive. They were happy when they found something good to eat. The food soon ran out, so they were always looking for more. Happy chemicals motivated them to repeat behaviors that made them

happy before. **We have inherited a brain that searches for things that felt good before.** This creates problems in the modern world, where things that feel good are not necessarily good for your survival. **Your emotions in the short-run are not necessarily a good guide to your long-term well-being.**

But you can't just ignore your emotions either. Your verbal brain can't spark action, though it can talk about action endlessly. Your two brains have to work together for you to take steps that meet your needs.

Happy chemicals are like paving on your neural pathways. Whatever felt good in your past paved a pathway that turns on that chemical faster in similar situations today. Unhappy chemicals pave pathways too. This is why we're all unique individuals and there's no one recipe for happiness. But everyone can stimulate their happy chemicals in healthy ways. Everyone can accept their own wiring, design new wiring, and blaze new trails through their jungle of neurons.



We all have a lot in common despite our uniqueness. We all crave happy chemicals because

that's how our brain is designed to work. We all get frustrated because our happy chemicals turn on and off for reasons that are hard to make sense of. And we all have the power to build new neural pathways by repeating new thoughts or behaviors.

There is no free happy chemical in the animal world. A critter works hard for any dopamine, serotonin, or oxytocin they get, and threat chemicals fill their lives. **The mammal brain releases happy chemicals in short spurts, so you always have to do more to get more. The chemicals are quickly metabolized, so every good feeling is soon over. The animal brain is designed to keep motivating you to take that next step. It is not designed to make you feel good about sitting on the couch.**

Steps that feel good now could be bad for you later. When later comes, bad consequences motivate you to find a way to feel better. Then you try to stimulate the happy chemical in ways you know, so more bad consequences are likely. You can end up in a bad loop. Fortunately, you can escape this loop by learning sustainable ways to stimulate happy chemicals.

The brain releases happy chemicals when it sees a way to promote survival, but it defines survival in quirky ways. Here are five of our biggest quirks.

#1

Our brain cares about the survival of its genes

You don't consciously care about your genes, and animals don't either. But natural selection built a brain that rewards gene-spreading behaviors with happy chemicals. Those behaviors include: love, lust, nurturing offspring, finding allies, protecting turf, the ever-popular quest to look good, and a thirst for gossip about who likes who. We do these things because our brain makes them feel good. But the mammal brain can't explain why, so your verbal brain comes up with clever explanations for why you do them. It may seem hard to believe that gene-spreading behaviors spark your happy chemicals. It helps to know that survival rates were very low in the state of nature. You are here today because your ancestors did what it took to keep their genes alive. We are all descended from survivors!

Social skills help spread your genes in the mammal world. It's tempting to define social skills in a romanticized way, but our mammal brain rewards what works. Asserting yourself works. Building alliances works. Whatever helped our ancestors survive is what the mammal brain rewards. And that's why you feel good when you succeed at asserting yourself or building alliances.



Any obstacle to spreading your genes is a survival threat from your mammal brain's perspective. That's why your threat chemicals react so strongly to a bad hair day, a friend who doesn't return your call, or your child's problem in school. You don't consciously see these frustrations as threats to the survival of your genes, but you have inherited the brain that kept your ancestors alive.

#2

Our brain focuses on un-met needs

A survival brain doesn't waste happy chemicals on the same old thing. It saves them for the moment when you satisfy an un-met need. If your ancestors found a fruit tree and stuffed themselves with fruit, the good feeling would soon stop because that need was met. Then, finding protein would spark their happy chemicals because that nutritional need was not met. The mammal brain takes what you have for granted and saves the happy chemicals for new ways to promote your survival.

You don't think this consciously, of course. Your brain simply *habituates* to an input. For example, you may love the smell of a flower, but taping a flower to your nose won't make you happy because you soon stop noticing it. Your brain is designed to scan the world for new information about meeting your needs.

If you were thirsty in the desert, you'd be thrilled by a sign of water in the distance. But unlimited water does not make you happy today because that need is already met. **This is why people focus on what they don't have, despite their best intentions.**

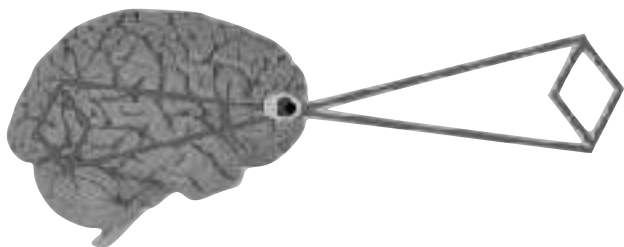
The flaws of this mindset are obvious, so you may insist that we shouldn't think this way. But your brain does think this way, so you are better off understanding it. In the modern world, physical needs are more easily met, so social needs tend to spark more happy chemicals. The result is that small social ups and downs trigger big emotions.

#3

Our brain confuses the past with the present

Each brain sees the world through a lens built by its own past experience. A newborn baby has no experience, so it has no survival skills, even though its brain is gigantic compared to earlier mammals. A new brain cannot make sense of the world until its neurons connect from repeated activation. The good feelings

you experienced in the past built connections that tell you where to expect good feelings today.



Past experience is not a perfect guide to the future, of course. Eating ice cream felt good in my past, but constantly seeking ice cream would not be a sustainable path to a happy future. My brain expects good feelings from ice cream, however, because pathways build from experience.

Fortunately, the big human cortex can transform past experience into predictions about the future. I can predict what will happen if I eat too much ice cream. I can predict other ways to feel good. But I need experience to build pathways that make such predictions. Otherwise, I would just keep eating ice cream.

Animals take the past as a good guide to the future. Past experience with food guides an animal toward future food, and past experience with predators helps them avoid future predators. Animals are often wrong, in fact, but they don't second guess themselves. We humans want to avoid error and

improve. But the pathways built from our past are very efficient so it's hard to let go of them.

#4

Your brain mirrors others

We don't intend to mirror others, but *mirror neurons* do it without conscious intent. When you see someone get a reward, your mirror neurons trigger the same pathway you'd activate if you got the reward yourself. When you see someone face a threat, your mirror neurons trigger that sense of threat in you. Mirrored sensations are much weaker than direct experience, but repeated activation builds a pathway. The mammal brain is designed to learn from experience, so if you witness certain rewards or threats repeatedly, you get wired to respond to those rewards and threats.

Mirror neurons allow animals to learn skills by watching without the need for talking. Mirror neurons taught our ancestors to run from predators when others ran, and find food in ways that worked for others. Your habits are shaped by what you've mirrored more than you realize.

#5

Your brain perceives its own mortality

Your mammal brain cares urgently about survival, but your human brain knows you will fail in your quest to survive someday. Death is an abstraction, and only the human cortex can process abstractions. We humans see the inevitability of our own demise. This is why we constantly scan for potential future threats, whereas animals only notice threats once they're up close. We humans improve our lives by anticipating threats in time to prevent them, but we also terrorize ourselves with our own threat-seeking. What a quirk!

This is why we're always eager for relief from threatened feelings. Unfortunately, many threat-relievers are not sustainable. They bring short-run relief in ways that threaten you in the long run. Fortunately, there's a sustainable alternative: imagining your own legacy. Happy chemicals are stimulated when you think your unique individual essence will survive once your body is gone. It sounds pretentious, but pondering your legacy eases your mammalian survival fear. This is why people are so eager to create things that will last after they're gone.

MAKE IT HAPPEN

These exercises help you find your power over your happy brain chemicals.

- **Notice strong feelings you have about things relevant to the survival of your genes: your appearance, your relatives, and your social alliances.**

- **Notice how you get excited about something new, and stop getting excited about what you already have.**

-
- **Find a match between a good experience in your past and something that makes you happy today. What matters is the overall pattern, not the surface details.**
-
-
-

Day 2

THE JOY OF DOPAMINE

Today you will learn:

- **what turns on the joy of dopamine**
- **why we don't have it all the time**
- **how it's wired from past experience**

When you're excited, your brain is releasing dopamine. You want this great feeling all the time, but dopamine isn't meant to surge all the time. It's your brain's signal that you're about to meet a need. It turns on when you get something good, or anticipate something good. Your brain decides what's good in an interesting way. Neurons connect when dopamine flows, which wires you to turn on the good feeling easily when you see something that triggered it before. You don't think this consciously with your verbal brain. It's just electricity flowing into a path that exists.

To your conscious mind, the pleasures of your youth may seem juvenile. But if you look at what excites you today, you will see core patterns from your past. It's easier to see how this works in animals because they are non-verbal.

Imagine you're a little monkey waking up hungry. You don't have a refrigerator or a supermarket, so how



do you relieve your hunger? You look around, and your dopamine surges when you see a piece of fruit. The good feeling tells you to go toward that,

and each step closer triggers more dopamine. Once you get the fruit, the dopamine stops because it has already done its job. You won't get more until you meet a need again, and you are eager to do that because dopamine makes it feel good.

A monkey doesn't understand its nutritional needs. It just learns from experience that finding food feels good. When you were born, you didn't understand your needs in a cognitive way, but each time a need was met, dopamine wired you to expect a good feeling from similar experiences. Animals work

harder for food than you may think. A monkey chooses branches that can hold its weight so it doesn't fall to the ground and get eaten by a predator. Dopamine rewards it for each successful step. Neurons connect, and wire a little monkey to meet its needs by doing things it expects to feel good. Your dopamine got wired by expectations too.

Dopamine releases energy to fuel the chase. It gives a lion the surge of energy it needs to catch a gazelle. We enjoy this energy, so we long for dopamine. But **if it flowed constantly, it would not promote survival**. A lion with constant dopamine would run after every gazelle and its energy would be used up by the time it saw one it could catch. Instead, a lion's brain saves the dopamine for a good prospect, as defined by its own past experience. Dopamine helps a monkey decide which fruit is worth climbing for, and which fruit is best ignored. Your brain saves the dopamine for good prospects too.

Dopamine creates the “I can get it!” feeling. It's easy to see why we crave this feeling, but also why we don't always have it. Dopamine helps us invest our energy where it is most likely to get rewards. Our inner mammal decides this without words because the electricity in the brain flows easily along pathways that were activated before. When you see a pattern of cues that match a past success, your electricity flows to the

“on” switch of your dopamine. The good feeling tells you to invest energy now.

Dopamine turns on before you actually meet a need, thanks to old pathways. It gives you advance notice so you have time to take effective action. **Dopamine creates the sense of anticipation that says “this is going to be good!” That motivates you to invest the effort necessary to reach a reward.**

Mirror neurons help to shape our dopamine pathways. A baby monkey mirrors its mother when she grabs food. It puts things in its mouth before it knows what food is. The brain releases dopamine when it tastes sugar or fat because they meet its needs. The good feeling motivates another bite. Young monkeys are never fed except for mother’s milk. They only get solids if they take action, but every monkey learns thanks to dopamine.

You may insist that you don’t care about survival or rewards because you are motivated by higher values. But your mammal brain is always looking for ways to feel good with pathways built by your dopamine past.

When you take steps toward dopamine, you don’t always get what you expect. Sometimes you get more and sometimes less. Getting less triggers the bad feeling of cortisol, which we explore on Day 6. Getting more triggers a big dopamine surge. This builds a big

pathway that helps you find more big rewards. A friend of mine once got two chocolate milks from a vending machine when she only paid for one. This happened decades ago, but she remembers it every time she walks near that machine. She understood why when she learned about dopamine.

What if rewards are exactly as you expected rather than more or less? This is the tricky part of life. Our brain stops releasing dopamine when there's no new information. We habituate to expected rewards. My first tiramisu thrilled me with dopamine, but soon the thrill was gone. You can only discover a new pleasure once. I still love tiramisu because the pathway is there, and because sugar and fat are scarce in the state of nature. But if I expect the surge of the first time, I will be disappointed.



Habituation makes life challenging! We love the dopamine of hitting the jackpot. But we get wired to expect that feeling, even though jackpots are rare. This is why life often disappoints. And it's why people get hooked on gambling or pizza or pornography or success or other triggers of jackpot feelings.

Dopamine has gotten a bad reputation as a result. Yet we need it to function in daily life. Dopamine makes it possible to read this page. Your brain searches for a match between the letters you see and the meanings you've learned to associate with them. Each match triggers a bit of dopamine, and the good feeling moves you on to the next word. You do this so smoothly that you don't even notice, but if you spend time with a six-year-old, you see how the joy of finding meaning gets wired. Let's look closer at how dopamine helps us navigate daily life.

When you were born, you didn't know what milk is and you didn't know what a mother is.



But in a few days, dopamine had wired you to anticipate a good feeling when you heard your mother's footsteps. Experience linked certain sights and sounds to the good feeling of having your needs met. A few months later, dopamine motivated you to crawl toward a toy.

The toy did not meet an immediate survival need, but it was something different, and seeking something different promotes survival in the state of nature. So your brain released dopamine and you went for it. You didn't know how to crawl, but you

kept trying because dopamine was released each time you got closer. You would not have enjoyed that dopamine if someone put the toy in your hand. Early experience teaches us to stimulate good feelings with our own actions.

A new toy stops triggering dopamine once it becomes familiar. So you look for something new, and your brain rewards you with dopamine.

What if you see a new toy in another child's hands? Dopamine motivates you to seek it. If you grab it away, an adult may be there to make you give it back. Slowly over time, we learn better ways to seek rewards.



Dopamine didn't evolve for seeking toys, of course. It evolved to guide you to meet your needs. Your brain knows a need has been met when a bad feeling is relieved. Food relieves the bad feeling of hunger. Warmth relieves the bad feeling of cold. Your brain releases dopamine whenever you relieve a bad feeling, and that wires you to expect relief in ways that worked before.

We define relief without conscious thought. For example, a baboon can save itself from a lion by climbing a tree, and that wires it to scan for trees the next time it smells a threat. **When you feel threatened, you scan for things that brought you relief before.** The bigger the threat, the more dopamine you enjoy when you relieve it. For example, imagine you get lost in the woods on a camping trip. You go hungry all day, and when you finally find your campsite, you eat a peanut butter sandwich. It tastes better than the finest meal, though you're not sure why.

In the modern world, the lessons you learn from dopamine don't always make sense. Imagine that you flunk a math test, and then play a video game when you leave the classroom. Dopamine is stimulated by the game because it creates the illusion that you are approaching a reward. You feel good, even though the real problem is not solved. Neurons connect, and the next time you face a math test, you have a strong urge to play a video game.



You would not survive in the state of nature if you played video games instead of taking effective steps to meet your needs. But in the modern world, your survival needs will be met by someone else if you keep playing. Each time you choose the video game, you strengthen your brain's expectation that gaming is the way to feel good. It doesn't meet your long-run needs, of course, so you end up with more math stress. If you don't understand your brain, you respond with more gaming.

Instead, you could build a new pathway that expects rewards from studying. That may seem like a Catch-22 since you don't know how to expect that. Fortunately, small steps are enough to stimulate dopamine as long as you see yourself approaching a reward. If you take small steps toward your math goal, repeatedly, a new pathway will build. To ease the process, you can give yourself immediate rewards when you take steps that bring long-term rewards.

A reward for each study session would train your brain to associate studying with good feelings. **Immediate rewards help you get started when you don't already have positive expectations. But if you reward yourself for pretending to study without actually studying, you get wired to expect rewards from pretending.**

You can blaze a new trail in your brain to get rewards in new ways. If you don't, you will keep repeating whatever dopamine habits you've learned. And you won't know why, since we're not aware of our own pathways. Your verbal brain will try to explain your choices. It will blame your math class. It's hard to accept the power of old pathways over our feelings, expectations, and actions.

If you get a good grade in math, a big dopamine spurt will strengthen your new pathway. But if you get the same good grade on every test, your dopamine will not surge each time. You just expect it once the pathway forms. But you may look for a new challenge because you have wired yourself to expect good feelings from your own actions.

The mammal brain promotes survival by rewarding you with dopamine when you act to relieve



a threat. Our ancestors needed firewood to survive in the winter, and dopamine made them feel good when they found it. The colder it was and the scarcer the

firewood, the happier it made them.

Today, it's easier to keep warm, but that doesn't make you happy. You habituate to the comforts you have and look for new ways to enjoy dopamine. This is why meeting social needs gets our attention. The following chapters explain how social rewards trigger serotonin and oxytocin. Dopamine is always involved because it rewards you for taking action to get a social reward or relieve a social threat. Any success wires you to expect more rewards from similar steps.

When you feel excited about something, it's because you connected it to meeting a need or relieving a threat in your past. We get excited about different things because different experiences wire in different expectations. Maybe you expect a promotion to meet your needs, so dopamine rewards you for taking steps toward a promotion. Maybe you expect another cocktail to meet your needs, so your dopamine rewards you for finding a bar that's open. Maybe you expect a new outfit to meet your needs, so your dopamine surges when you shop, or apply for a higher credit limit. **Many paths to dopamine are not sustainable. They hurt you in the long run even though they feel good in the short run. The big human cortex can think about the long run, but your mammal brain is still eager for immediate dopamine. Your two brains have to work together to find sustainable paths to dopamine.**

Don't jump to the conclusion that the mammal brain is the problem. The verbal brain plays a big role in our unsustainable choices. If you choose to play video games instead of studying, your verbal brain comes up with an explanation that makes you look good. If you choose to have another drink or buy another outfit or chase another promotion, your verbal brain finds a way to make it sound like "the right thing." It's hard to believe we do things because neurons connected long ago. When you see the patterns, it's easier to rewire them.

We are born with billions of neurons but almost no connections between them. You'd be as helpless as



a newborn without the connections you've built. You can also build new connections, but it takes your full attention. That makes it impossible to do other things at the same time. For example, you can drive and talk at the same time because old pathways guide you, but if you try to speak a new language while driving on a new road, watch out! No wonder we rely on old pathways so much.

You will build new connections if you invest your attention in a new thought or behavior for a few minutes a day. Day 7 helps you discover your old

dopamine circuits, and Day 11 helps you build new additions. Today, your goal is to notice the motivating power of dopamine in the world around you. Each of us has our own path to dopamine, but our paths are similar because they're wired in youth when we have limited insight into our long-run needs. This is the challenge of being human!

MAKE IT HAPPEN

The quest for dopamine is a huge motivator in daily life. These exercises help you notice the power of dopamine in the world around you.

- **Notice the excitement you feel when you see a new way to meet a need. When does that good feeling stop?**

- **Notice other people getting excited about an expected reward and taking steps toward it.**

- **Find examples of people seeking an instant reward to relieve a bad feeling.**

Day 3

THE SAFETY OF OXYTOCIN

Today you will learn:

- **to notice the feeling that it's safe to lower your guard**
- **the way oxytocin makes you feel good when you find social support**
- **why oxytocin doesn't flow all the time**

A gazelle finds it hard to eat when it's alone because it has to scan constantly for predators. Being with a herd allows it to lower its guard and enjoy the grass. It feels safe because the burden of monitoring for threats is shared. Oxytocin creates that nice, safe feeling. It's released when you expect protection from others.

But you don't want to follow the herd all the time. Their horns get in your way and they pee on your

ABOUT THE AUTHOR

Loretta Graziano Breuning, PhD, is founder of the Inner Mammal Institute and Professor Emerita of Management at California State University, East Bay. She is the author of many personal development books, including *Habits of a Happy Brain: Retrain Your Brain to Boost Your Serotonin, Dopamine, Oxytocin and Endorphin Levels*.

As a teacher and a parent, she was not convinced by prevailing theories of human motivation. Then she learned about the brain chemistry we share with earlier mammals, and everything made sense. She began creating resources that have helped thousands of people make peace with their inner mammal. Her work has been translated into many languages and is cited on major media.

Dr. Breuning is a graduate of Cornell University and Tufts, and a grandparent of two. Before teaching, she worked for the United Nations in Africa.

The Inner Mammal Institute offers videos, books, podcasts, blogs, multimedia, and a training program, to help you make peace with your inner mammal. You can follow Dr. Breuning's work on most social media, YouTube, and PsychologyToday.com. Her podcast is "The Happy Brain."

Introduce your friends to their inner mammal with the free five-day happy chemical jumpstart at: InnerMammalInstitute.org.

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