

Reward Pathway Recovery Process

If you start using cocaine once every three days. Your body is all of a sudden now going to have a lot more cocaine. Which means you're going to be binding this up a lot more and have a whole lot more dopamine. It means your nerves are going to fire more. What do you think is going to happen on this cell right here, this nerve cell? One thing it may do in response It may say, I need to produce some more receivers. Because we got all this dopamine and so instead of having 5 now, it has 15. So, that same hit of cocaine doesn't have quite the same effect. Here's the problem. You get clean. You got 15. You finish writing a book and your body says that's a great accomplishment and it releases some dopamine that when you only had five would give you a great rush and feel good. But you know, you got 15, so what happens? It doesn't feel as good. So, here's the positive side. Just like you can grow more. You can also have less. So, if you're not ingesting cocaine and having all this leftover dopamine. Then your body says, "you know what?". I don't necessarily need that many receptors. Or the way, I've been kind of communicating to you guys. I don't necessarily need a four-lane road here. Maybe I just need a two lane. Does that make sense?