

#19 — THE SHINY OBJECT DESIRE BREAKER

Five questions to stop the impulse before it becomes a consequence.

Shiny objects aren't just temptations.
They're distractions wrapped in dopamine —
offering excitement now and regret later.

This guide helps you break the pull, see the truth,
and save yourself from choices you already know are expensive.

1. Am I drawn to this because it's right for me... or because it's exciting right now?

Excitement is a feeling.
Alignment is a direction.
Only one lasts longer than 5 seconds.

Your thoughts: _____

2. What has this type of “shiny thing” cost me in the past?

Same high.
Same crash.
Same lessons you didn't need to learn again.

Your thoughts: _____

3. If I slowed down for 10 minutes, would I still want this?

Shiny objects lose their sparkle when you give the nervous system a pause to settle.
Clarity arrives after the pause.

Your thoughts: _____

4. What am I trying to avoid, numb, or distract myself from by choosing this?

Every shiny object fills a feeling-lonely, afraid, distraction from reality.
If you name the feeling, the object loses its power.

Your thoughts: _____

5. If future-me were standing here, what would they tell me to do?

They've already lived with the consequence.

They know.

Trust them.

Your thoughts: _____

FINAL REMINDER:

Shiny objects feel good only in the moment.

Aligned choices feel good forever.

Choose the life you don't have to recover from.