

How to Stop Procrastination & Increase Motivation | Dr. Andrew Huberman

<https://silosolo.com/319051>

Summary

The video discusses overcoming procrastination by engaging in tasks or activities that are harder or more effortful than the current unmotivated state. It explains the relationship between dopamine peaks and troughs, with the depth of the trough proportional to the peak and the rate of getting out of the trough proportional to the steepness of the trough. The concept of limbic friction is introduced, which refers to the resistance or discomfort when trying to engage in a task. Strategies for overcoming lack of motivation in exercising are also mentioned.

Silo sample questions

- How can we overcome procrastination?
- What is the relationship between dopamine peaks and troughs?
- What can help rebound out of a dopamine trough more quickly?
- What is limbic friction?
- What is a strategy to overcome lack of motivation in exercising?

Topics

procrastination

dopamine

motivation

limbic friction

exercise

Key Takeaways

- By doing something that's harder or more effortful than the current unmotivated state.
- The depth of the trough after a dopamine peak is proportional to how high and steep the peak was. The rate at which you get out of the trough is proportional to how steep the trough is.
- Engaging in a task or activity that is harder or more painful than the current unmotivated state.
- Limbic friction refers to the resistance or discomfort felt when trying to engage in a task or action, whether due to tiredness or anxiety.
- Start with a short duration of exercise, like one or five minutes, and use successful completion of that milestone as motivation to continue.

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