



THE DOPAMINE DIAL

Catalog your chills, then preload your peak on purpose.

The big idea: Music releases dopamine **twice** — once in the anticipatory buildup and once at the peak — and the anticipation is sometimes the stronger hit (Salimpoor, 2011). The chase is the reward.

KEY TAKEAWAY
Frisson — the real physical shiver — marks your dopamine peak. Those songs are your strongest medicine. Protect them; don't overplay them.

A Catalog Your Chills

Over a week, find the songs that give you genuine frisson — the real physical shiver — and mark exactly where the chill arrives.

- Over a week, notice every song that gives you a genuine shiver, not just enjoyment.
- For each, identify the exact moment the chill arrives — a chord change, vocal leap, drop, or key shift.
- Keep these in a dedicated playlist. This is your strongest medicine.
- Don't overplay them — frisson dims with overexposure. Protect their power.

#	CHILL SONG	THE EXACT SECOND IT HITS (THE PEAK)
1		
2		
3		
4		
5		





B The Preload

Use a strong-build song to spin up anticipation right before a demanding task, and walk in on the peak.

My preload song (a clear build toward a drop, chorus, or solo):

The exact moment the payoff lands:

The task I'll walk into on the wave of the peak:

My rotation of 2–3 preload songs (kept fresh):

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What are the songs that reliably give you chills — and can you name the exact second it hits? That moment is your dopamine peak.

