

EVOLV

7 days • 5 minutes/day • workbook

7-Day Reset

A simple science-based reset to break the loop and rebuild your environment.

- One clear plan built on S-4 (Structure, Stability, Setting, Support)
- Two simple dopamine charts to explain cravings and the dip
- Four urge tools you can use in under 2 minutes
- Daily pages with quick prompts and space to write

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Quick start (60 seconds)

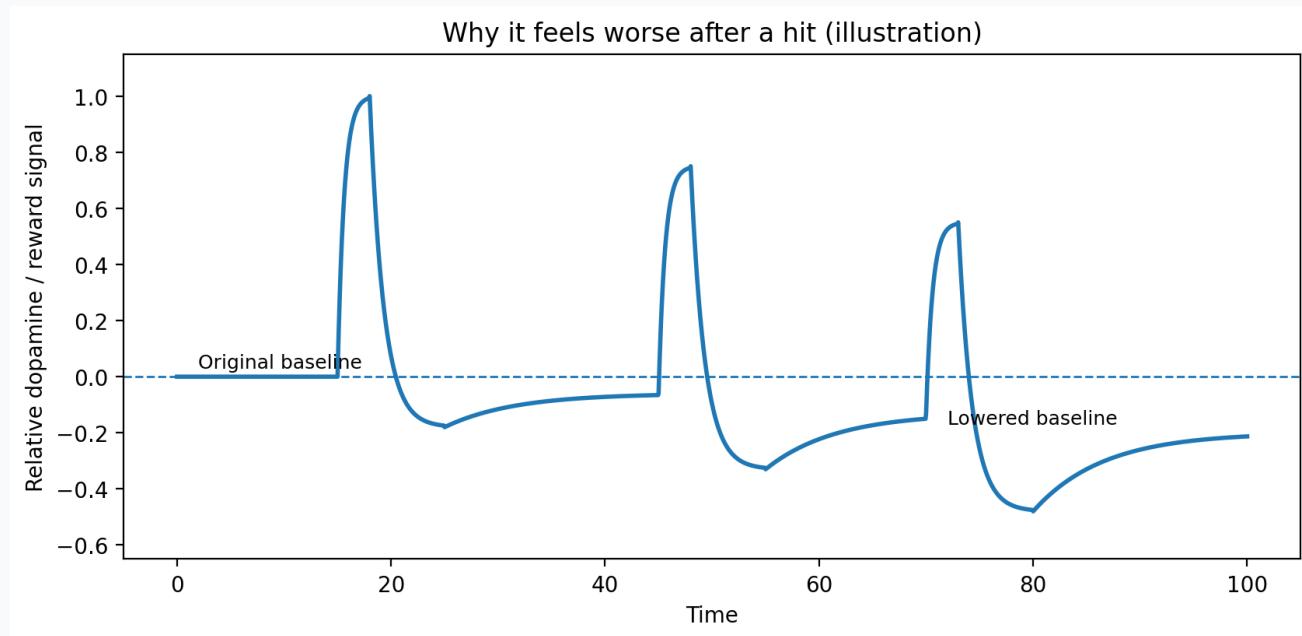
Pick one target for 7 days. Your only job is to delay the urge and do a replacement.

1. Remove one trigger (move it, delete it, block it, add friction).
2. Choose one replacement (walk, shower, push-ups, journal, call/text).
3. When an urge hits: set a 5-minute timer and do the replacement.
4. Do the daily page (about 5 minutes). That's it.

Safety note: This guide is educational, not medical advice. If you have severe dependence (especially alcohol/benzodiazepines), don't stop suddenly without professional help. If you feel in danger or might harm yourself, in the U.S. call/text 988. If immediate danger, call 911.

The dopamine dip

A hit can feel good briefly, then your brain swings toward the opposite. Over repeats, the baseline can slide down.

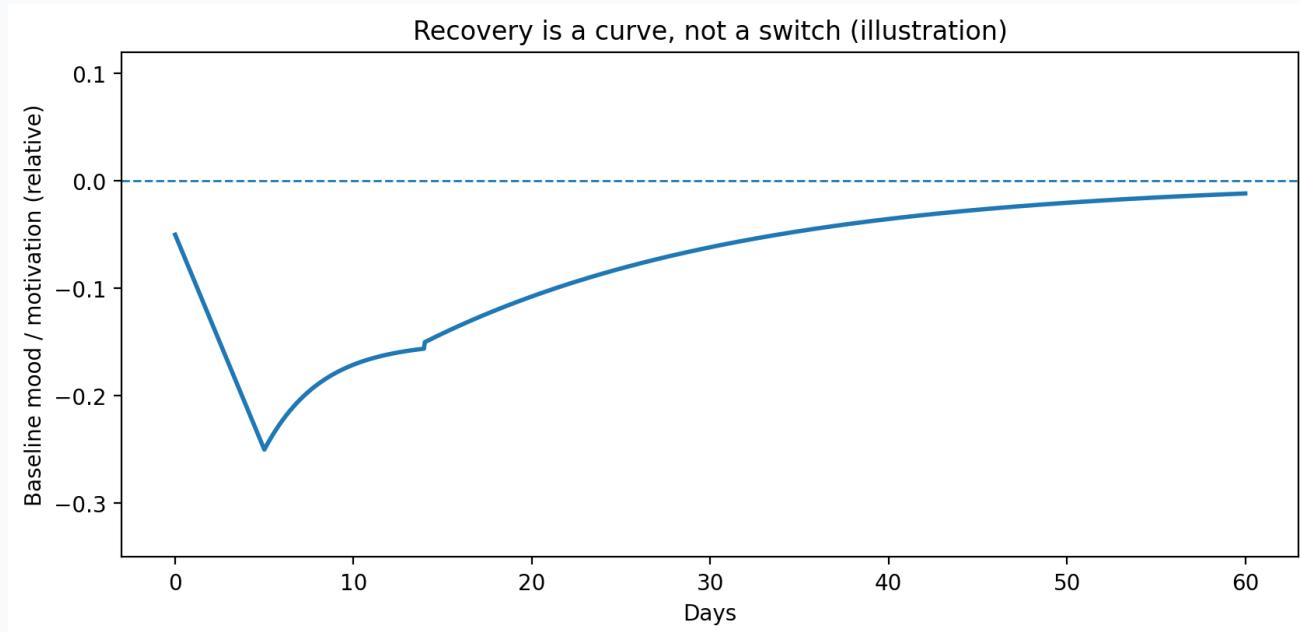


- Tolerance: the same behavior feels less high over time.
- Comedown: the dip feels worse, so you chase relief.
- Baseline shift: normal can feel lower until the brain re-balances.

Illustration based on opponent-process / allostasis models of addiction (conceptual).

Recovery is a curve

When you stop, you don't instantly feel amazing. Your baseline climbs back over time. This reset is the start.



- Days 1-3: cravings and irritability are common. Keep it simple: delay + replacement.
- Days 4-7: urges still show up, but you prove you can interrupt the loop.
- After 7 days: build S-4 so you're not relying on willpower.

Note: timelines vary by substance/behavior and individual biology.

Your plan is S-4

High cravings usually mean at least one pillar is weak. Strengthen all four and urges get less room to run.

Structure

Plan + routine

Stability

Sleep + stress + fuel

Setting

People + cues + access

Support

Accountability + help

4 tools (use anytime)

Pick one tool and do it immediately. Don't negotiate with the urge.

| | |
|---|---|
| 5-minute delay Timer, replacement, re-check craving. | Urge surfing (60s) Name the sensation. Watch it change. Breathe slow. |
| Change the room Stand up. Water. Phone away for 5 minutes. | Connection (2 min) Text or post: feeling + next step. |

Why setting + connection matter

If you don't bond with people, you'll bond with something else. This week, design your environment to make relapse harder.

- Vietnam (environment shift): Studies on U.S. Vietnam veterans found high heroin use in Vietnam (about 34%) and dependence symptoms (about 20%). After returning home, re-addiction in the first year was about 1%.
- Isolation vs. enrichment: Classic research links enriched, social environments with lower compulsive drug intake than isolation. The lesson holds: isolation and boredom amplify risk.

What to do (recommended)

- Add friction: move the trigger out of reach, block sites/apps, remove supplies, change passwords.
- Swap the scene: when urges hit, stand up and change rooms. Your brain associates places with habits.
- Pre-choose connection: pick one person or Discord channel to post in before cravings hit.
- Kill boredom: schedule a tiny adventure daily (walk somewhere new, gym, coffee shop, quick errand).

Sources (short): Robins et al. Vietnam veteran heroin follow-up; Alexander et al. enriched housing studies.

Day 1: Remove friction

| | | |
|----------------------------------|---|---|
| Mood [] Great [] OK [] Low | Energy Low <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> High | Craving 0 <input type="checkbox"/> 10 |
| Micro-goal | Make your trigger harder to access for 24 hours. | |
| Replacement | I will do _____ for 5 minutes. | |
| Connection | [] Text [] Post [] Write note | |

Triggers:

Place, time, emotion, people, thoughts, sensations, boredom. What was happening right before the urge?

Proof of progress:

One thing you did today that moved you forward — even small counts.

Mindful notes (optional):

Mindfulness builds a pause between urge and action — you notice the impulse, label it, and choose your next step.

Day 2: Spot your cues

| | | |
|----------------------------------|---|---|
| Mood [] Great [] OK [] Low | Energy Low <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> High | Craving 0 <input type="checkbox"/> 10 |
| Micro-goal | Name your top 3 triggers (place / time / emotion). | |
| Replacement | I will do _____ for 5 minutes. | |
| Connection | [] Text [] Post [] Write note | |

Triggers:

Place, time, emotion, people, thoughts, sensations, boredom. What was happening right before the urge?

Proof of progress:

One thing you did today that moved you forward — even small counts.

Mindful notes (optional):

Mindfulness builds a pause between urge and action — you notice the impulse, label it, and choose your next step.

Day 3: Stability day

| | | |
|----------------------------------|---|---|
| Mood [] Great [] OK [] Low | Energy Low <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> High | Craving 0 <input type="checkbox"/> 10 |
| Micro-goal | Raise your baseline (sleep / stress / fuel / move). | |
| Replacement | I will do _____ for 5 minutes. | |
| Connection | [] Text [] Post [] Write note | |

Triggers:

Place, time, emotion, people, thoughts, sensations, boredom. What was happening right before the urge?

Proof of progress:

One thing you did today that moved you forward — even small counts.

Mindful notes (optional):

Mindfulness builds a pause between urge and action — you notice the impulse, label it, and choose your next step.

Day 4: Setting day

| | | |
|----------------------------------|---|---|
| Mood [] Great [] OK [] Low | Energy Low <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> High | Craving 0 <input type="checkbox"/> 10 |
| Micro-goal | Change the environment, change the outcome. | |
| Replacement | I will do _____ for 5 minutes. | |
| Connection | [] Text [] Post [] Write note | |

Triggers:

Place, time, emotion, people, thoughts, sensations, boredom. What was happening right before the urge?

Proof of progress:

One thing you did today that moved you forward — even small counts.

Mindful notes (optional):

Mindfulness builds a pause between urge and action — you notice the impulse, label it, and choose your next step.

Day 5: Support day

| | | |
|----------------------------------|---|---|
| Mood [] Great [] OK [] Low | Energy Low <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> High | Craving 0 <input type="checkbox"/> 10 |
| Micro-goal | Say it out loud to someone. | |
| Replacement | I will do _____ for 5 minutes. | |
| Connection | [] Text [] Post [] Write note | |

Triggers:

Place, time, emotion, people, thoughts, sensations, boredom. What was happening right before the urge?

Proof of progress:

One thing you did today that moved you forward — even small counts.

Mindful notes (optional):

Mindfulness builds a pause between urge and action — you notice the impulse, label it, and choose your next step.

Day 6: Boredom to adventure

| | | |
|----------------------------------|---|---|
| Mood [] Great [] OK [] Low | Energy Low <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> High | Craving 0 <input type="checkbox"/> 10 |
| Micro-goal | Do something new (small). | |
| Replacement | I will do _____ for 5 minutes. | |
| Connection | [] Text [] Post [] Write note | |

Triggers:

Place, time, emotion, people, thoughts, sensations, boredom. What was happening right before the urge?

Proof of progress:

One thing you did today that moved you forward — even small counts.

Mindful notes (optional):

Mindfulness builds a pause between urge and action — you notice the impulse, label it, and choose your next step.

Day 7: Review + next step

| | | |
|----------------------------------|---|---|
| Mood [] Great [] OK [] Low | Energy Low <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> High | Craving 0 <input type="checkbox"/> 10 |
| Micro-goal | Turn this week into a plan. | |
| Replacement | I will do _____ for 5 minutes. | |
| Connection | [] Text [] Post [] Write note | |

Triggers:

Place, time, emotion, people, thoughts, sensations, boredom. What was happening right before the urge?

Proof of progress:

One thing you did today that moved you forward — even small counts.

Mindful notes (optional):

Mindfulness builds a pause between urge and action — you notice the impulse, label it, and choose your next step.

Continue evolving

You just proved you can interrupt the loop. Next step: don't do it alone.

Join the Discord

Accountability, weekly challenges, templates, and check-ins.

Evolv app coming late 2026

Get notified and get early access when it drops.

Link: evolv.now/reset

Small note: this guide is educational and not medical advice. If withdrawal could be dangerous, seek professional help.