

Dopamine System, Craving & Pursuit Explained | Dr. Andrew Huberman

<https://silosolo.com/482492>

Summary

The video discusses the relationship between dopamine peaks and baselines. For every dopamine peak, there is a corresponding trough below baseline, which is crucial in determining motivation. Dopamine is released in anticipation of what a person desires, not just when they receive the reward. The drop in dopamine below baseline, caused by the preceding peak, triggers the desire to pursue something. The prefrontal cortex plays a role in context setting, craving, and pursuit as it relates to action and movement.

Silo sample questions

- What is the relationship between dopamine peaks and baselines?
- Why is the trough below baseline important?
- When is dopamine released?
- What triggers the desire to pursue something?
- What is the role of the prefrontal cortex in this process?

Topics

dopamine peaks
dopamine baselines
desire
motivation
prefrontal cortex

Key Takeaways

- For every dopamine peak, there is a corresponding trough below baseline.
- The trough below baseline dictates whether or not a person will feel motivated to pursue something.
- Dopamine is released in anticipation of what a person desires, not just when they receive the reward.
- The drop in dopamine below baseline, caused by the preceding peak, triggers the desire to pursue something.
- The prefrontal cortex is involved in context setting, craving, and pursuit as it relates to action and movement.

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