



Understand Your Audios Better

The workbooks help you understand what is happening. The audios help you deal with what is happening **in real time**. One of the first graduates said it simply:

"I just go back to the audios if I feel like I am gonna slip."

Graduate, 14-Day Self-Command Reset

That is exactly how they are meant to work. Not as homework. As a tool you actually reach for. Read this once. Keep it somewhere you can come back to.

Quick Reference

Audio	Use it when...	Main job
1. When the Urge Hits	You feel activated, pulled, restless, or close to slipping	Slow down, regulate, interrupt the automatic pattern, help you choose outside the urge
2. After a Slip	You slipped, binged, or shame is rushing in	Stop the shame spiral. Help you return to life fast without collapsing
3. Build Self-Trust / New Identity	Daily, or any time you feel discouraged or heavy	Undo the old story, install new beliefs, strengthen trust through repetition

Audio 1: When the Urge Hits

Use this the moment you feel activated.

Pulled. Restless. Reaching for your phone automatically. Bargaining with yourself. Starting to slip into the loop.

This audio slows you down, regulates your nervous system, and creates space between the urge and your next choice. That space is where self-command lives.

Do not wait until you are already deep in it. The earlier you use this, the more powerful it is. Once you are three tabs in, it is harder. Catch it at the first signal.

Use it:

- When the urge first hits.
- When you notice yourself reaching for your phone automatically.
- When you feel yourself bargaining, fantasizing, or starting to slip.

Save this audio somewhere you can open it in under 10 seconds. Phone notes, pinned somewhere obvious. If it takes effort to find, you will not use it when you need it most.

Audio 2: After a Slip

Use this immediately after a slip, binge, or shame crash.

Use it right after. Before the shame has time to build. Before you tell yourself you will listen later when you feel better.

This is the audio for when shame is rushing in and you are tempted to say: I ruined everything. I am still the same. What is the point.

Here is what I know from watching this pattern in real men for years: most men do not lose momentum because of one slip. They lose it because of what they say to themselves after. The slip is one moment. The shame spiral that follows is what actually derails progress.

This audio stops that second spiral. It helps you calm down, stop attacking yourself, and return to your life without turning one imperfect moment into an identity collapse.

Use it every single time. No exceptions.

Use it:

- Right after a slip.
- Right after compulsive content use.
- When shame starts flooding in.
- When you feel like giving up because you were not perfect
- When you notice the old patterns showing up again.
- When something happened in real life, a rejection, a difficult conversation, a moment that made you feel less than, and you can feel shame starting to creep in. Even if you did not slip. Shame is shame. Stop it before it sends you back to the loop.

And if audio is not enough in that moment, go to the Recovery Page inside the members area. There is a video there specifically for this moment. A second angle. Because sometimes you need to see and hear something to let it land. Use both if you need.

Audio 3: Build Self-Trust / New Identity

Use this daily. Or as close to daily as possible.

This is the deeper one. Not for crisis moments. For conditioning.

It works on the old story underneath everything: that you are weak, broken, abnormal, or incapable of change. Every time you listen, that story gets a little quieter and the new one gets a little stronger. That is how the brain actually works.

Use it:

- In the morning to set the tone before the day pulls you in different directions.
- At night to reinforce what you practiced that day.
- After workbook time, when you are already in a reflective state.
- Any time you feel discouraged, doubtful, or heavy.

The first time you hear it, it might just feel calming. Good. The fifth time, it starts feeling familiar. The tenth time, it starts interrupting the old story faster. Do not underestimate repetition. It is doing more than you think.

"Now I do not see myself weak as before because I trust myself."

Graduate, 14-Day Self-Command Reset

That is what this audio is building toward. One listen at a time.

How to Use Them Together

You do not need to listen to all three every day. You need to use the right one at the right moment.

A simple rhythm that works:

Daily	Audio 3, Build Self-Trust. Morning or evening. Pick one and stay consistent.
When activated	Audio 1, When the Urge Hits. As early as possible.
After a slip	Audio 2, After a Slip. Immediately. Before the shame spiral starts running.

That is it. Keep it that simple.

One Thing Men Get Wrong

They treat the audios like homework.

"I missed yesterday so I failed." "I did not use the right one at the perfect time." "I should be doing more."

No. Stop.

These audios are support. Use what helps. Return when you forget. If you miss two days, do not double up. Just come back to today.

The only version of using these audios that does not work is not using them at all.

Pair the Audios With the Workbook

The workbook and audios are designed to work together.

After you finish a workbook page, check in with your state:

- Calm and reflective: use Audio 3.
- Activated or urge present: use Audio 1 first, then come back to the writing.
- Slipped before opening the workbook: use Audio 2 first. Then do the page. Especially then.

The workbook helps you think clearly. The audios help you stay regulated enough to actually use what you are learning.

Use both. That is when this works best. You got this.

Rux