

The 14-Day Self-Command Reset

Week 1 Workbook

Interrupt the Pattern and Reframe the Story

Opening Note

Before we start, I want to tell you something.

I spent eight years creating the content that kept you in this loop.

I was on the other side. The model, the creator, the one you were scrolling back to at midnight. I watched my follower count grow and called it a business. And it was. But I also started seeing what it was doing to real men. The same ones messaging me month after month. Not growing. Just circling.

Real talk: I made a decision at the beginning of this year that cost me real money and real security. I stopped creating the content designed to keep you in the loop. Because I could not keep feeding something I now understand how to help you break.

I am not a therapist. I am not a guru. I am someone who has been inside this thing from both directions, who chose differently, and who is now fully committed to helping you do the same.

This workbook is what I wish I could have handed you years ago.

Use it. Do the pages. Tell the truth in the blanks. That is all I ask.

Rux

Welcome

If you bought this, there is a good chance you are tired.

Tired of the loop. Tired of losing hours. Tired of hiding. Tired of wanting to be different in the moment and then ending up back in the same place again.

I have heard from many men in this exact struggle. And the emotional pattern is painfully clear.

Men said things like:

"I hide this part of myself from everyone."

"I always come home alone."

"I feel like I am cheating and do not deserve intimacy."

"I want feet to be something I love, but not something that controls me."

"I am losing hours at a time."

"I save things I never even go back to."

"I want to stop obsessing and have more control."

"I cannot communicate my genuine needs to the real world."

"Please help me believe I can experience new good things."

So before anything else, please accept this truth:

You are not broken.

And please stop thinking you are disgusting for what you like. You are not weak beyond repair. You are not doomed to be controlled by this forever. You are perfectly imperfect, just the way you are.

You have just been caught in a pattern. And patterns can be interrupted, understood, and retrained. Neuroscientists call it neuroplasticity.

This reset is about helping you:

- stop disappearing into the same private loop
- reduce shame and mental noise
- rebuild trust in yourself
- redirect your energy back into life
- feel more available for intimacy, honesty, goals, and real momentum

Real results. Real self-command. Real life.

Honor Your Humanity

You are a human being. And part of what makes humans human is exactly this:

- mistakes
- sloppiness
- inconsistency
- emotion
- desire
- learning
- trying again
- becoming wiser through experience

In a world where AI will make everything neat and optimized, what we still have left is our humanity. Honor it.

Understand that your desires and your humanity make you a beautiful human. Here is what I want you to understand:

- desire is not the enemy
- mistakes are not the enemy
- your humanity is not the enemy

But the lie that says you should hate yourself into becoming better? Yeah. That is the enemy here.

That lie has already wasted enough of your life.

From now on, when you mess up, you will practice doing something different.

You honor the moment. You learn. You regulate. You return.

You will not collapse. You will not decide you are disgusting. You will not say you ruined everything.

That is self-command too.

What This Reset Is Actually Solving

This is so much more than just porn and fetish.

It is about what happens when a private pattern starts affecting:

- your focus
- your energy
- your self-respect
- your confidence
- your discipline
- your sex life
- your relationships
- your honesty
- your goals
- your ability to feel normal in your own skin

This pattern often looks like:

urge → scroll → search → save → binge → shame → hide → repeat

And over time, it starts leaking into your identity. Into who you think you are.

You stop trusting yourself. You stop feeling clean. You stop feeling open. You stop feeling available for real life. You stop believing you can build a happy life where you do not have to always hide a part of you.

This workbook is here to change that.

What Men in This Struggle Usually Believe

These are some of the beliefs that keep the loop alive:

- "I have no self-control."
- "I have had this habit my whole life."
- "I enjoy it too much."
- "I cannot bring this into a real relationship."
- "I am not normal."
- "I always end up back here."
- "I should be able to solve this alone."
- "I have already tried. Nothing works."
- "If someone really knew this about me, I would be judged, rejected, or abandoned."
- "This is going to be hard forever."
- "One mistake means I am still the same."

This reset is designed to weaken those beliefs and replace them with better ones.

With evidence-based beliefs. Beliefs you earn through repeated, honest action.

The New Beliefs We Are Installing

Instruction: circle the 3 to 5 beliefs that hit you the deepest right now. Those are your priority beliefs for this reset.

Over these 14 days, you are going to practice these beliefs instead:

- **I can feel an urge without obeying it.**
- **I am capable of making decisions outside the urge.**
- **Shame is not proof. It is conditioning.**
- **I am not my pattern.**
- **I do not need to punish myself to change.**
- **Small clean actions rebuild trust.**
- **What I practice in private shapes who I become in real life.**
- **I can relate to what I like more consciously.**
- **I can enjoy what I like without being controlled by it.**
- **I am capable of learning self-command.**
- **I already have what it takes to change this pattern.**
- **Change does not have to feel brutal to be real.**
- **It is safe for me to change, and change can be loving, not punishment.**
- **Mistakes do not erase progress.**
- **My humanity is not an obstacle to growth. It is where growth begins.**
- **I am worthy of love.**
- **I love myself, and that is not something to be ashamed of.**
- **I can fully embrace the whole range of myself without thinking negatively about it.**
- **I honor the fact that I am learning, not performing.**

Important note:

You do not need to believe all of these on day one. You are practicing them. Building evidence for them. And over time, the more evidence you create, the more natural these truths begin to feel.

Tip: write the ones that hit you hardest on Post-its and place them on your bathroom mirror, refrigerator, or near your bed.

How to Use This Workbook

Each day includes:

- a focus
- a reality check
- a belief to reframe
- a truth to install
- one practical action
- one real-life move
- one end-of-day evidence check

Time required: most days take 10 to 20 minutes.

Your only job:

Do the day in front of you. Use the tools. Tell the truth. Keep going. Do not try to do this perfectly. This is you, with yourself. You are not performing anymore.

How to answer the prompts:

- If you see a list of options, circle what applies.
- If you see numbered lines, write 1 to 3 short answers.
- If you see a sentence starter, finish it in your own words.
- If you see an empty space, write whatever honestly comes up.
- If you do not know what to write, pause, breathe, and write the first true thing you notice.
- Keep your answers raw, short, and honest. This is not school. You are not being graded.

Best daily rhythm:

In the morning, open the page for the day. Read the reality check. Work through the belief reframe and reflection questions. Let the practical action and real-life move become your focus for the day.

At the end of the day, come back. Fill in the evidence check. What happened? What did you notice? What shifted, even slightly? Then mark your daily tracker.

Morning: set the focus. Evening: collect the proof. That is it.

How to get the most out of it:

- Fill out the day in order.
- Do not skip the belief reframe. It is the most important part.
- If a question feels uncomfortable, that is a signal to spend more time there, not less.
- If you only have 5 minutes: belief reframe, practical action, and evidence check.
- If you slip, still do the page. Especially then.

What you are proving here:

The fact that you bought this reset is already proof that something deep in you wants a different life and is already choosing in a different direction.

Do not overlook that. That is huge.

Your Baseline

Fill this out before Day 1. Take 3 to 5 quiet minutes. Do not overthink it. Write the first true thing you notice.

The main pattern I want to break is:

The top 3 things this pattern is costing me right now are:

- 1.
- 2.
- 3.

The 3 places I feel it most are:

In my mind:

In my body:

In my real life:

The main thing I want back is:

Circle all that apply, then underline the one that matters most right now.

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> focus | <input type="checkbox"/> honesty |
| <input type="checkbox"/> energy | <input type="checkbox"/> connection |
| <input type="checkbox"/> peace | <input type="checkbox"/> goals / momentum |
| <input type="checkbox"/> self-respect | <input type="checkbox"/> something else: _____ |

One sentence that describes how I feel right now:

One sentence that describes how I want to feel 30 days from now:

The fact that I bought this reset proves that:

Examples: I am not as hopeless as I thought. Something in me still believes change is possible. I am done accepting this as my permanent reality. I care about my life more than I have been acting like.

The Belief Audit

Do not censor yourself here. Write the beliefs exactly the way they sound in your head, even if they are ugly, dramatic, or repetitive.

Old beliefs I am tired of carrying:

Examples: I have no self-control. I will always be like this. I do not deserve a real relationship. Something is fundamentally wrong with me. I cannot be trusted.

- 1.
- 2.
- 3.

New beliefs I am willing to practice:

Examples: I can feel an urge without obeying it. I am not my worst moment. Small steps actually add up. I am capable of change. I can build honest connections.

- 1.
- 2.
- 3.

The one belief I most need to build is:

Examples: I am worthy of a real life. I can trust myself. Change does not have to be brutal to be real.

The Core Tool: The 4D Reset

You already know this from the free kit. Good. That means we are not starting from zero.

But this time, you are not only going to understand it. You are going to use it as a foundation for changing the way you live.

D1 Delay

- Put your phone down
- Stand up
- Set a 10-minute timer
- Say out loud: I decide outside the urge.
- Do nothing for 10 minutes. Do not overthink it.
- Why: compulsions feed on automation. Delay breaks it.

D2 Downshift

- Do 6 rounds: inhale through your nose for 4 counts
- Exhale slowly for 8 counts (like cooling soup)
- Then ground: press your feet into the floor
- Name 5 things you can see around you
- Why: urges are nervous-system activation. Calm the body first.

D3 Decide

- Ask yourself: What do I actually need right now?
- Release (sexual outlet)
- Comfort (stress relief / numbness)
- Connection (loneliness / wanting to feel seen)
- Choose without shame. Be honest with yourself.

D4: DO - CHOOSE CONSCIOUSLY

Lane A: Watch with structure

If you choose to watch, do it clean:

- One clip or tab only
- 15-minute timer. Set it before you start.
- No novelty hunt. No searching for better.
- No porn in bed.
- No saving or collecting.
- When done: close it, stand up, water, and back to life.

Lane B: Replacement (10 min)

Pick one immediately, without thinking:

- 20 push-ups and cold water
- 10-minute walk (no phone)
- Shower
- Clean one small thing
- Journal 3 lines: What am I avoiding right now?
- Text a friend something normal
- Make a simple plan for the next task

- Goal: a conscious choice, not a dissociative binge.

- Why: you are training your identity to lead, not your impulse.

AFTERCARE: THIS STOPS THE SHAME SPIRAL

If you choose to watch, read this out loud afterward. Yes, out loud:

"I am not disgusting. It is safe for me to be just human. I made a choice. I am allowed to choose without punishing myself. I return to my life now."

Then do one small action: make your bed, wash your face, drink water, step outside. Anything that says "I am back to my life."

Week 1

Interrupt the Pattern and Reframe the Story

Week 1 is about seeing the loop clearly. Probably for the first time.

Not to judge it. Not to panic about how long it has been running. Just to actually look at it, from a neutral point of view: where it starts, what it feeds on, what it costs you, and what it is trying to give you that you have not found a better way to get yet.

Most men rush past this step. They want to skip straight to fixing it. I get it. But here is the thing: you cannot interrupt a pattern you have not learned to recognize. The loop moves fast on purpose. Your job this week is to slow it down enough to observe what is actually happening.

You are not behind. You are starting. Those are different things.

Make a decision to trust yourself from now on. You got this.

Rux

Day 1 Name the Loop Without Drama

Answer today's page in simple language. No need to sound smart or polished. Plain truth is more powerful.

REALITY CHECK

Here is something I noticed after years of watching this pattern from the other side of the screen.

The men who stayed stuck the longest were not always the ones who indulged the most. They were the ones who could not describe what they were actually doing. It happened automatically. It just took over. They would come out of a two-hour session and genuinely not be able to tell you how they got there.

See, the loop protects itself by moving fast and staying blurry. The moment you can name it, the exact trigger, the exact sequence, the exact story you tell yourself to justify it, it starts to lose power. Not all of it. But some. And some is where this starts.

You are not diagnosing yourself today. You are just turning the lights on.

WHAT MEN OFTEN SAY

"I lose hours at a time."

"I save stuff I never go back to."

"It starts small and then I am gone."

BELIEF TO REFRAME

Old: It just happens.

TRUTH TO INSTALL

New: This is a pattern. Patterns can be mapped. I am in the process of learning how to do it.

REFLECTION

Write short, direct answers. One sentence per line is enough.

My loop usually starts when:

Then I tell myself:

Then I do:

Afterwards I feel:

Then I make it mean:

PRACTICAL ACTION

The next time it starts, say out loud:

"This is the loop. I see it."

REAL-LIFE MOVE

Write down the time of day when you are most vulnerable:

EVIDENCE CHECK

What became clearer today that used to stay blurry?

Day 2 Map Your Triggers Like a Scientist

Circle what applies first, then write in the blanks.

REALITY CHECK

I will tell you what I noticed after eight years of creating content for this community.

The men who messaged me in the middle of the night were not always the ones with the strongest desire. They were the ones who had had a bad day. A rejection. A boring Sunday alone. An argument they could not shake. The content was the destination, but something else was always the reason they got in the car.

Loneliness. Stress. Boredom. Feeling invisible. Feeling like nothing was going the way it was supposed to.

That is not weakness. That is human. But here is the thing: you need to know your conditions before you can change your response to them. A trigger you can name is a trigger you can prepare for. A trigger that just happens owns you.

COMMON TRIGGERS

Circle all that apply.

- | | |
|---|---|
| <input type="checkbox"/> boredom | <input type="checkbox"/> late nights |
| <input type="checkbox"/> loneliness | <input type="checkbox"/> screens in bed |
| <input type="checkbox"/> stress | <input type="checkbox"/> emotional numbness |
| <input type="checkbox"/> rejection | <input type="checkbox"/> feeling unattractive |
| <input type="checkbox"/> being alone too long | <input type="checkbox"/> feeling disconnected |

BELIEF TO REFRAME

Old: I am weak.

TRUTH TO INSTALL

New: I get triggered in patterns. I can learn those patterns, and I am starting to believe I can change them.

REFLECTION

My top triggers are:

- 1.
- 2.
- 3.

My main time-based trigger is:

My main emotional trigger is:

My main screen/device trigger is:

PRACTICAL ACTION

Finish this sentence:

When I feel _____ I tend to reach for
_____ because I want _____.

REAL-LIFE MOVE

Remove one trigger source today.

What I will remove:

EVIDENCE CHECK

What trigger showed up today, and what did I notice about it?

Day 3 Separate Urge from Identity

REALITY CHECK

This is the one I wish someone had said to me years ago, when I was in my own version of this.

I used to think the things I was ashamed of said something permanent about who I was. That because I felt certain things, or wanted certain things, that was what I was. Fully. Irreversibly.

It took me a long time to understand something important: an urge is just activation in the nervous system. It is not a verdict. It is not your identity speaking. It is your body responding to a pattern it has been trained in, and your mind immediately making it mean something bigger than it is.

You can feel an urge without obeying it. You can feel it without becoming it.

That gap between feeling and acting? That is where self-command lives. That is what we are building.

WHAT MEN OFTEN FEEL

"I am not normal."

"I am broken."

"I hate that this is part of me."

BELIEF TO REFRAME

Old: If I feel this urge, it means something is wrong with me.

TRUTH TO INSTALL

New: An urge is just activation, not who I am. I can choose what I do, and I can choose who I am.

REFLECTION

When I feel an urge, I used to make it mean:

What would happen if I treated the urge like neutral information instead of proof?

PRACTICAL ACTION

Say out loud:

"I am experiencing an urge. I am not becoming the urge. I can decide what I become."

REAL-LIFE MOVE

Do one grounded action that reinforces your dignity:

- shower
- clean up your space
- get dressed properly even if you are home
- go outside
- stretch for 5 minutes

EVIDENCE CHECK

How did I reduce identity drama today?

Day 4 Calm the Body Before You Trust the Mind

REALITY CHECK

This one sounds too simple. I know. Stay with me.

When I was at my worst, the years where I was numbing everything, barely sleeping, making decisions from pure anxiety, I kept trying to think my way out of it. More analysis. More understanding. More planning. It kept failing. Because by the time I was trying to be rational, my nervous system was already flooded.

The urge works the same way. By the time you are trying to "be strong" or "use discipline," your body is already three steps ahead of you. Activated, narrowed, convinced that this is urgent.

You cannot reason with a body that is already moving. You have to settle it first.

Regulate, then decide. In that order. Every time.

WHAT MEN OFTEN SAY

"I know better, but when it hits, I still do it."

BELIEF TO REFRAME

Old: I just need more willpower.

TRUTH TO INSTALL

New: Regulation comes before clarity. I can choose regulation when I notice the urge.

REFLECTION

How does the urge show up in my body?

What happens in my body right before I act?

PRACTICAL ACTION

Use the breath and grounding protocol once today, even if you are only mildly activated. Or listen to the "When the Urge Hits" audio.

6 rounds: inhale 4 counts, exhale 8 counts. Then press feet into the floor and name 5 things you see.

REAL-LIFE MOVE

Do one body-based action today:

- walk for 10 minutes
- lift or exercise
- stretch
- cold water on face or shower
- breathe outside

EVIDENCE CHECK

How did my body respond when I slowed down on purpose? How did it feel like?

Day 5 Find the Real Need Under the Pattern

Be brutally honest here. You are not trying to sound noble. You are trying to understand what is really going on.

REALITY CHECK

Real talk: most compulsive behavior looks sexual on the surface, but underneath it is almost always emotional.

The urge may be real. But the deeper driver is usually something else: relief, comfort, distraction, numbness, validation, or just the need to feel connected to something.

That is human.

Today is about learning to ask a better question. Not just "how do I stop this?" but "what am I actually reaching for right now?" The clearer you get about the real need, the less power the automatic behavior has over you.

WHAT MEN OFTEN SAY

"I just want relief."

"I want to stop obsessing."

"I want to feel seen."

"I am lonely."

BELIEF TO REFRAME

Old: This is about pleasure.

TRUTH TO INSTALL

New: The behavior may be sexual. The need underneath often is not. I am starting to see more clearly why I reach for this.

REFLECTION

When I spiral, what am I actually reaching for?

Circle all that apply, then star the strongest one.

- relief
- comfort
- distraction
- soothing
- validation

- connection
- numbness

PRACTICAL ACTION

Ask yourself right now: What do I actually need?

REAL-LIFE MOVE

Pick the real need you identified. Give it to yourself another way.

Lonely: text someone. Stressed: move your body. Numb: step outside. That is it.

What I will do instead of listening to the urge:

EVIDENCE CHECK

What did I actually need, and did I give it to myself honestly?

Day 6 Stop the Shame Pile-On

REALITY CHECK

Let me tell you what shame actually does. Because it is not what most people think.

Shame does not stop the behavior. If it did, you would have stopped years ago. You have had plenty of shame. It has not worked.

What shame does is make you hide faster, isolate deeper, and return to the loop harder. Because the loop is the only place where the shame goes quiet for a few minutes. Then it comes back louder. That is the mechanism. Shame feeds the very thing it claims to be fighting.

I watched this happen in real men for years before I understood what I was looking at.

The inner attack after a slip: "I am pathetic, I ruined it, I will never change." That is not helping you. That is keeping you in the same cycle with a different flavor.

You are allowed to choose without punishing yourself. That is not an excuse. That is how actual change happens.

WHAT MEN OFTEN SAY

"I feel like I am cheating."

"I do not deserve intimacy."

"I feel disgusting after."

BELIEF TO REFRAME

Old: Shame will keep me from doing it again.

TRUTH TO INSTALL

New: A slip does not erase anything. It is one moment. What I do in the next five minutes is what actually matters.

REFLECTION

What do I usually call myself after I act in a way I regret?

What does that language do to me next?

PRACTICAL ACTION

Read this out loud:

"I am not disgusting. I am human. I made a choice. I do not need to punish myself to change. Whatever I choose is okay, and I can return to my life now."

REAL-LIFE MOVE

The next time the urge or shame hits, what normal-life action will you do to return?

Examples: make your bed, wash your face, drink water, step outside for 60 seconds.

My return action:

EVIDENCE CHECK

Was I able to stop at least one moment from turning into a full identity collapse? Explain in short how it felt to do so.

Day 7 Build Your Emergency Plan

REALITY CHECK

Here is the thing about slipping when you have no plan.

You are not just dealing with the slip. You are dealing with the slip, plus the surprise of it, plus the shame of it, plus the negotiation happening in real time, plus whatever emotional state triggered it in the first place. That is four things at once hitting a version of you that is already activated and tired.

No wonder the urge wins. So instead of feeling worse about it, have some compassion for yourself.

A plan does not mean it will be perfect. It means that when the predictable moment shows up, and it will, you are not starting from zero. You already decided what happens next. You made that call from a calmer, more honest version of yourself than the one who will be in that moment.

Build the plan now. Use it then.

BELIEF TO REFRAME

Old: If I slip, it means I failed and I am back at zero.

TRUTH TO INSTALL

New: A slip does not erase anything. It is one moment. What I do in the next five minutes is what actually matters.

REFLECTION

What were my 3 main ways of making a slip worse in the past?

- 1.
- 2.
- 3.

PRACTICAL ACTION — MY EMERGENCY PLAN

If boredom hits, I will:

Tip: Get up and change rooms immediately. Do not negotiate with yourself first.

If I am alone too long, I will:

Tip: If you have been in the same space for 2+ hours with no real interaction, that is your warning sign. Do something that requires leaving.

If it is late and I am scrolling, I will:

Tip: Phone charges outside the bedroom. Decide this before 10pm, not after the urge hits.

If loneliness hits, I will:

Tip: Have one person pre-selected you can text something normal. You do not have to talk about any of this. Just make contact.

REAL-LIFE MOVE

Put this plan somewhere visible. Phone notes, a sticky note, next to your bed, your mirror. Somewhere you will see it when the moment hits.

EVIDENCE CHECK

Do I now have a better plan than panic, bargaining, and shame? How do I feel about it? Will I believe it will help me?

End of Week 1 Checkpoint

You made it through Week 1. Before you move on, fill this out. Be honest.

What I understand more clearly now:

What triggered me most:

What belief is already weakening:

What is already improving:

What I need to focus on in Week 2:

One way I honored my humanity this week instead of attacking it:

You are ready for Week 2. Head to the Week 2 page in your members area.

See you tomorrow.