



**The 14-Day Self-Command Reset  
Week 2 Workbook**  
Rebuild Trust, Redirect Energy, Return to Life

## Week 2

### **Rebuild Trust, Redirect Energy, Return to Life**

If you made it to Week 2, something real happened in Week 1.

Maybe you named your loop for the first time. Maybe you caught yourself mid-spiral and paused. Maybe you just showed up on a day you did not feel like it. Any of those count.

Week 2 is about building something, not just interrupting the old pattern. It is about gently redirecting the energy that used to go into the loop back into your actual life. Your focus. Your body. Your goals. The places you have been quietly neglecting while this ran in the background.

Here is what I know from watching this in real men: the moment they stop fighting themselves, they have so much more available than they expected.

That is what this week is for.

So get excited. This will be so good.

Rux

## Day 8 Rebuild Self-Trust Through Small Kept Agreements

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### REALITY CHECK

I want to tell you something about the men who actually make progress with this.

It is never the ones who make the biggest promises. "I will never do this again." "Starting Monday, everything changes." "This is the last time." Those promises almost always break within a week, and then the breaking becomes its own evidence: "See? I cannot do it. I have always been like this. I am just not the kind of man who changes."

Sound familiar?

The men who actually change start embarrassingly small. One agreement for 24 hours. They keep it. Then another. Then another.

What they are really doing is collecting proof. Not for anyone else. For themselves. Because "I do not trust myself" is a story, and stories do not change through willpower. They change through repeated evidence that the story is wrong.

Start so small it almost feels pointless. That is exactly the right size.

### WHAT MEN OFTEN SAY

"I do not trust myself."

"I always end up back here."

"I never follow through."

### BELIEF TO REFRAME

**Old:** I am the kind of man who always caves.

### TRUTH TO INSTALL

**New:** Small kept agreements rebuild trust.

### REFLECTION

What promise do I keep making and breaking?

What smaller agreement can I actually keep for 24 hours?

**PRACTICAL ACTION**

Choose one clean agreement for the next 24 hours.

Examples: I will not scroll in bed tonight. I will stop after one tab. I will not save or collect anything today. When boredom hits, I will get up and do one real-life action first. If I feel lonely, I will text one normal person instead of disappearing. I will do one thing for my goals before I escape. I will use the 4D Reset once before making any decision.

My agreement for the next 24 hours:

**REAL-LIFE MOVE**

Write it somewhere visible. Phone notes, sticky note, mirror, your desk. Somewhere you will actually see it when the moment hits.

**EVIDENCE CHECK**

Did I keep the agreement? If not, where did I break?

## Day 9 End the Saving, Scrolling and Chasing Spiral

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### REALITY CHECK

This one I understand from the inside.

I have watched it happen from the supply side. Men subscribing to my content were not just watching. They were switching tabs, hunting for something better, saving things they never went back to. I could see the engagement patterns. It was not about the content anymore. It was about the search itself. The dopamine is in the looking, not the finding.

That behavior has nothing to do with desire anymore. It is the compulsion disguised in desire.

And here is why this matters more than most men realize: the novelty hunt trains your brain to stay chronically unsatisfied. Whatever is actually in front of you, a real conversation, a real woman, your actual life, starts to feel dull compared to the infinite scroll of something better one click away.

You are not just wasting time. You are rewiring what feels good to you.

This one is non-negotiable. One tab. Timer set. No searching for better. Close it and return to your life.

### WHAT MEN OFTEN SAY

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

"I lose hours."

"I keep searching for better."

### BELIEF TO REFRAME

**Old:** One more search will not matter.

### TRUTH TO INSTALL

**New:** The novelty hunt is part of the compulsion. I am becoming a man who stops feeding it.

### REFLECTION

How do I typically escalate?

Circle all that apply.

- scrolling
- searching
- saving

- switching tabs
- collecting
- going deeper

### **PRACTICAL ACTION**

Write your No–Novelty Protocol:

- one tab only
- timer set before I start
- no saving or collecting
- no searching for better
- close it and return to life

### **REAL-LIFE MOVE**

Delete one unnecessary stash, account, or pathway today.

Just one. Small steps build real self–trust.

What I will delete or remove today:

### **EVIDENCE CHECK**

Did I weaken the search spiral today, even if just a little bit? How am I feeling about that?

# Day 10 Feel Normal Again

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Slow down with this page. This is one of the most healing pages in the whole workbook.

## REALITY CHECK

I want to tell you what normal actually looks like. Because shame has probably given you a very distorted picture of it.

Normal is not the absence of desire. It is not never struggling. It is not some clean, perfect version of yourself who never feels the urge.

I spent years in this community watching men torture themselves trying to reach a standard of normal that does not exist anywhere outside of their own shame. And you know what I noticed? The men who actually felt better were not the ones who eliminated everything. They were the ones who stopped being at war with themselves.

Not perfect. Not without desire. Just: not fighting yourself every single day.

You are allowed to want that. And it is absolutely possible. Not because I am telling you something nice. Because I have watched it happen.

## WHAT MEN OFTEN SAY

"I want to feel normal."

"I want to enjoy this without it controlling me."

## BELIEF TO REFRAME

**Old:** I can never feel normal because of this.

## TRUTH TO INSTALL

**New: Normal is not the absence of desire. It is the presence of self-command. I am becoming more grounded, more human, and more at ease with myself.**

## REFLECTION

What does "normal" mean to me?

What has shame trained me to believe about myself?

What would feeling grounded actually feel like?

Examples: Waking up without dread. Being present in a conversation without my mind drifting. Not needing to check my phone every five minutes. Feeling like I belong in my own life.

**PRACTICAL ACTION**

Complete this sentence:

A more normal, grounded version of me would

**REAL-LIFE MOVE**

Do one simple action that belongs to that version of you.

What I will do:

**EVIDENCE CHECK**

What helped me feel more human and less distorted today?

# Day 11 Put the Energy Back Where It Belongs

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## REALITY CHECK

This is the day I want you to really sit with.

Everything this loop has been costing you: the hours, the focus, the self-respect, the confidence in real situations. That energy is not gone. It has been going somewhere. And right now, a significant portion of yours has been going into a screen, into hiding, into shame recovery, into the cycle of trying and failing and starting over.

The moment that stops, even partially, you will have more available than you expect. More clarity. More motivation. More of whatever you have been meaning to build but could not find the bandwidth for.

That is what starts happening when the war quiets down.

So let me ask you: where do you want to put it?

## WHAT MEN OFTEN SAY

"I am wasting time and energy."

"I want to build myself."

"I want more focus for work and goals."

## BELIEF TO REFRAME

**Old:** This only affects my private life.

## TRUTH TO INSTALL

**New:** Private habits shape public energy. I am becoming someone who puts his energy back into the life he actually wants to build.

## REFLECTION

What is underfed in my life because of this pattern?

Circle all that apply.

- |                                 |                                     |
|---------------------------------|-------------------------------------|
| <input type="checkbox"/> work   | <input type="checkbox"/> hobbies    |
| <input type="checkbox"/> body   | <input type="checkbox"/> dating     |
| <input type="checkbox"/> career | <input type="checkbox"/> creativity |
| <input type="checkbox"/> sleep  | <input type="checkbox"/> travel     |

family

confidence

### **PRACTICAL ACTION**

Write down one area of your life that has been running on empty. Name it specifically.

Not "my goals." Your actual goal. Not "my body." The specific thing you stopped doing. Examples: the gym routine I dropped, the business idea I keep postponing, the book I bought six months ago, the language I wanted to learn, the music I stopped making, the dating app I deleted out of shame.

The specific thing:

### **REAL-LIFE MOVE**

Pick the smallest version of that thing and do 10 minutes of it today. That is it. Just 10 minutes. This is where the energy starts going instead.

Examples: open the business idea doc and write one sentence, do 15 minutes of the workout you have been skipping, send one message to someone you have been avoiding, read 10 pages of the book on your nightstand.

What I will do for 10 minutes today:

### **EVIDENCE CHECK**

Where did I reclaim energy today? How did that make me feel?

# Day 12 Build Quiet Confidence

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## REALITY CHECK

Nobody talks about this kind of confidence because it does not look impressive from the outside.

It does not look like swagger or charisma. It does not announce itself. It is not something you perform for anyone else.

It just feels like this: not being ashamed of yourself in private. Doing what you said you would do. Making a choice and not spending the next hour attacking yourself over it. Going to bed knowing you showed up for your life today, even if only slightly better than yesterday.

I know what its opposite feels like. I spent years in it. There is nothing quite like the quiet erosion of self-respect that comes from living in private conflict with yourself, day after day, year after year.

You do not need to fix everything to start feeling differently. You just need to let your behavior begin to match the man you say you want to be.

Start there. One choice today.

## WHAT MEN OFTEN SAY

"I feel weak when the urge hits."

"I second guess myself."

"I do not feel confident in dating."

## BELIEF TO REFRAME

**Old:** Confidence comes after I fix everything.

## TRUTH TO INSTALL

**New:** Confidence starts in private. Every small kept agreement, every moment I do not attack myself, every clean choice builds it. Then I take it outside.

## REFLECTION

What behavior most damages my confidence right now?

Examples: "Every time I indulge, something shifts in how I see myself as a man." "I feel split between who I am in public and what I do in private." "I hide this part of myself from everyone, and the hiding is exhausting."

What behavior would build it instead?

Examples: Being more honest with a future or current partner. Keeping one small agreement with myself and actually following through. Doing something for my goals before I escape into the loop. Feeling more connected to myself instead of always hiding.

**PRACTICAL ACTION**

Make one clean, self-respecting choice today.

Examples: do not open the loop when the urge hits, close the tab after one, skip the shame spiral after a slip, keep the agreement you made yesterday.

My choice today:

**REAL-LIFE MOVE**

Do one behavior that feels like quiet confidence.

Examples: go to the gym, get dressed properly even if you are home, initiate a conversation, do the task you have been avoiding, go outside without your phone.

My real-life move:

**EVIDENCE CHECK**

What choice today made me respect myself more?

A large, empty white rectangular box intended for the user to write their response to the question above. The box is centered horizontally and occupies a significant portion of the page's vertical space.

## Day 13 Practice Honesty and Real Connection

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Take a few moments to connect with your deeper self before writing. Let whatever is true come up, even if it feels vulnerable or unfinished.

### REALITY CHECK

Something I noticed about hiding.

You do not just hide the fetish. You hide yourself. Because after years of keeping one part of you locked away, you start to lose the habit of being known at all. Intimacy starts to feel dangerous. Real closeness starts to feel like a threat. Because closeness means someone might eventually see the thing you have been so careful to keep out of sight.

I heard this underneath hundreds of messages over eight years. Not always directly. But beneath every question about the fetish was this other thing: the loneliness of having a whole private life that nobody knew about.

And no, you do not have to confess everything to everyone. Of course not.

What you need is to stop building your entire life around the secret. One honest move at a time. One real moment of contact. One less layer of hiding.

Connection requires presence, not perfection.

### WHAT MEN OFTEN SAY

"I am afraid to speak to my partner."

"I cannot communicate my genuine needs."

"I always come home alone."

### BELIEF TO REFRAME

**Old:** If I am honest about this, I will be judged, rejected, or abandoned.

### TRUTH TO INSTALL

**New:** Honesty becomes more possible when I stop fighting with myself. I do not need to be perfect to connect with others. I just need to accept myself.

## REFLECTION

What kind of connection do I actually want more of?

What am I most afraid to say or admit?

Examples: "I have never been able to communicate my genuine needs to anyone in the real world." "I always come home alone." "I feel like I am cheating and do not deserve real intimacy." "I am afraid to tell a woman what I actually like because she will reject me." "I want to believe I can experience new good things but I do not."

What would one small honest move look like?

## PRACTICAL ACTION

Write one sentence you would want to be able to say honestly one day.

Examples: "I want to be honest about what I like without feeling ashamed." "I want more real intimacy, not just private escape." "I am still learning how to speak about this, but I do not want to hide forever."

## REAL-LIFE MOVE

Do one small connection action today:

- text someone you have been avoiding
- reply honestly instead of disappearing
- initiate contact with someone

- take one small dating step
- be more present with your partner today

My choice is:

**EVIDENCE CHECK**

What did I do today that moved me toward real connection instead of hiding?

# Day 14 Decide Who You Are Becoming

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## REALITY CHECK

You made it. And I do not say that as a formality.

Fourteen days of honest work with yourself, on something you have been hiding for years, on something most men will never look at directly. That is not a small thing. Most people reading this would not have gotten here. But you did.

You probably did not do it perfectly. And you know what? That is actually good, because that is not the point.

The point is that you showed up, day after day, to a version of yourself that most men never bother to meet. And in doing that, you started building something that no one can take from you: evidence. Evidence that the old story is not the whole truth. Evidence that you are capable of more than you thought.

The man you want to become is not waiting on the other side of some perfect moment. He is being built right now, one small honest choice at a time. But this is not over. This was just the beginning.

Keep building.

## WHAT MEN OFTEN WANT BACK

- focus
- peace
- energy
- discipline
- honesty
- intimacy
- goals
- a life that feels like theirs again

## BELIEF TO REFRAME

**Old:** I have spent so long in this pattern that this is just who I am now. I am the kind of man who cannot lead himself.

## TRUTH TO INSTALL

**New:** I am not my pattern. I am what I repeatedly choose. And for 14 days, I chose differently. That is who I am becoming.

## REFLECTION

What is one moment in these 14 days where I chose differently than I would have before? What am I really proud of?

What did I prove to myself that I did not believe when I started?

What am I absolutely ready to let go of?

Examples: "The belief that I will always end up back here." "The feeling that I do not deserve real intimacy." "The split between who I am in public and who I am in private." "The idea that if someone really knew this about me, they would leave." "The story that nothing works for me."

Complete these:

**I am no longer available for:**

**I am becoming a man who:**

### **PRACTICAL ACTION — YOUR 30-DAY CONTINUATION PLAN**

This is not a list of rules. It is not a promise you are making from guilt or from the high of finishing something. Those never last. You know that by now.

The only plan worth writing is one you will actually follow. So keep it simple. Embarrassingly simple.

#### **A real 30-day plan has three things and three things only:**

- One habit you are keeping. Something small you did during these 14 days that actually made a difference. Not what sounds impressive. What worked. Do not drop it.
- One trigger you are staying aware of. You know your conditions now. Which one hits hardest? Name it. Decide right now what you do when it shows up. Before it shows up.
- One life area you are feeding. The thing that was running on empty. Give it something real every single week. Not perfect. Just something.

Most men overcomplicate this part because deep down they are still waiting for the perfect system to save them. You do not need that anymore. You just proved you can show up for yourself for 14 days straight.

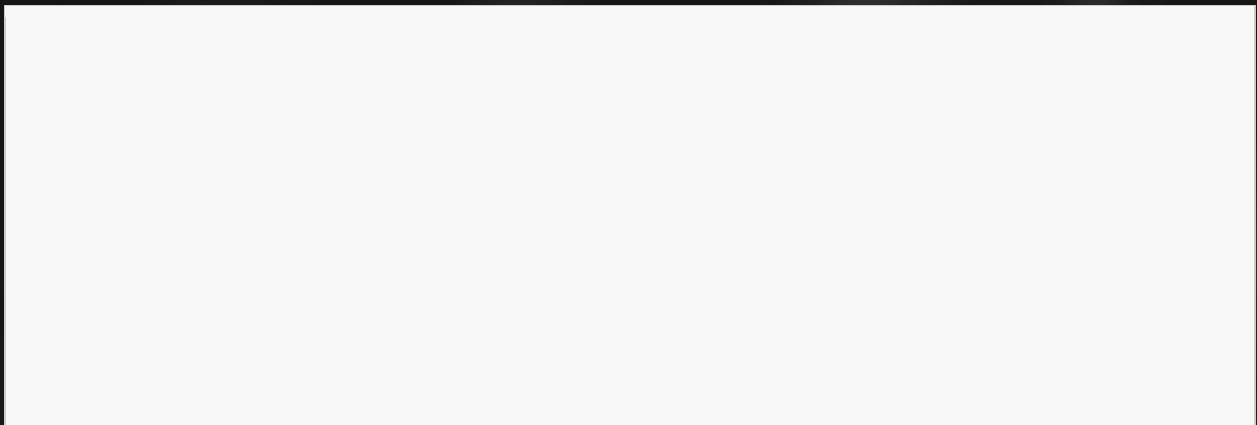
Write it below like you are talking to yourself six months from now. Because you are.

#### **REAL-LIFE MOVE**

Schedule one concrete action for this week that supports the life you want. Put it on a Post-it and plan to do it every day for the next seven days.

#### **EVIDENCE CHECK**

What evidence do I now have that I am capable of change?



## Your 30-Day Continuation Plan

Keep this simple and realistic. Choose actions you can actually repeat, not fantasy goals that sound impressive.

**For the next 30 days, I will keep doing these 3 things:**

1.

2.

3.

My strongest trigger to stay aware of is:

My emergency plan when it hits:

The life area I am reclaiming now is:

The one belief I am strengthening now is:

## Final Review - You Can Do This on Day 15

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Hey. You showed up. You stayed with this. You made a real decision to stop disappearing and start meeting yourself differently.

That is huge.

Real talk: a lot of men keep waiting for that one dramatic breakthrough. That one moment that changes everything. And that is all they do. They wait, hanging in the present while projecting all their energy into a future that never comes.

But you have seen now what actually works. One honest day. One cleaner choice. One interrupted spiral. One moment of self-respect. One small act of trust. NOW.

And then another. And another.

Through repetition. Through evidence. Through staying with yourself long enough that the old story stops feeling true.

Give yourself real credit. You are not where you were 14 days ago. And if you keep taking small daily steps, they will compound into the version of you that once felt impossible.

You are already becoming him. Now go live like it.

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**What I understand now that I did not understand 14 days ago:**

**What changed in how I respond to urges:**

**What changed in how I speak to myself:**

**What changed in how I show up in real life:**

**What I am no longer willing to believe about myself:**

**What I now know I am capable of:**

**One way I will honor my humanity instead of hating it from now on:**

Examples: I will stop calling myself disgusting after a slip. I will do one thing every day that makes me feel like a capable human being. I will speak to myself the way I would speak to someone I actually care about. I will allow myself to feel good without immediately waiting for something to go wrong.

## Final Note

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Whatever you did in these 14 days, keep doing it. Do not stop.

This is just the beginning. Your evolution, your transformation, it is not built in one moment. It is built with daily small steps, one foot in front of the other.

I hope you see yourself with different eyes now. With more compassion, more acceptance, and self-love, why not. You deserve it. Because you are a good human being. I know you are. If you were not, you would not have invested in this.

And I want you to know that I am proud of you.

The best is yet to come.

With infinite love,

**Rux**