

A STRUCTURED 90-DAY RECOVERY PROGRAM

The 90-Day Reset

A disciplined, science-based program to break free from compulsive pornography use — built for people who have tried before, and are ready to do the deeper work that finally lasts.

3 PHASES · 12 WEEKS · 90 DAYS

STEP BY STEP

PREPARED BY

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A daily companion for your recovery · Follow it one day at a time

PRIVATE

START HERE

How to use this program

If you've tried to stop before and it didn't last, this program was written for you. It assumes you already know a lot about your problem — and that knowledge alone hasn't been enough. So this is not a book of facts. It's a **90-day plan of action**: specific, daily, structured work that rewires the habit at its roots, not just at the surface.

Why this is different from what you've tried

Most people fight this with willpower and website blockers alone — and willpower runs out, and blockers get worked around. This program does something else: it treats the behavior as a **habit with a job to do** (escaping stress, numbing pain, filling emptiness), and systematically gives that job to healthier things while it rebuilds your brain's reward system, your emotional skills, and your life. Removing the behavior is maybe 20% of the work. The other 80% — the part usually skipped — is in these pages.

The three rules of this program

- **Daily, not occasionally.** There is a small Daily Core you do **every single day** for 90 days. Consistency is the active ingredient. Ten honest minutes a day beats a heroic weekend.
- **Follow the order.** The phases are sequenced the way recovery actually works — stabilize, then heal the roots, then build the new life. Don't skip ahead.
- **A slip is data, not the end.** If you lapse, you do not start over emotionally and you do not quit. You run the Lapse Protocol, learn from it, and continue. The people who recover are simply the ones who kept going after slips.

HOW EACH WEEK WORKS

Every week has three parts: a **focus** (the theme), **daily practices** (what you do each day), and **this week's deep work** (one exercise that does the real rewiring). Do the deep work early in the week, then practice it daily.

When to get extra support

This program is a powerful self-directed tool, but it works best alongside your therapist. Please reach out for professional help if you're also struggling with deep depression, trauma, or any thoughts of harming yourself; if the behavior ever involves anything illegal; or if you feel completely unable to function. Asking for more help is a sign of strength, not failure — and you don't have to do the hardest parts alone.

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How recovery actually works

To break a habit this stubborn, you have to understand the machine you're up against. Compulsive use isn't a moral failing or a lack of willpower — it's a deeply grooved loop in the brain, doing a job you've trained it to do. Once you see the loop clearly, you know exactly where to break it.

The habit loop — three parts you can interrupt

Every compulsive behavior runs on the same three-part loop. Recovery means learning to interrupt it at each point:

Part	What it is	Where you break it
Trigger	The cue that starts the urge — an emotion (stress, loneliness, boredom), a situation (alone, at night, on a device), or a feeling in the body.	Know your triggers; reshape your environment (Phase 1, Weeks 1–2)
Craving & behavior	The urge rises, and the old routine runs almost automatically to relieve it.	Urge-surfing and the Emergency Protocol (Phase 1, Week 3)
Reward	The brief relief or escape — which teaches the brain to repeat the loop next time.	Replace the function; rebuild healthy reward (Phases 1–2)

The key insight: the behavior is doing a job

After years of use, the behavior is almost never really about the content. It's a tool your brain reaches for to **regulate something else** — to escape stress, soothe loneliness, numb pain, kill boredom, or feel a spark of aliveness. This is why pure willpower fails: if you rip the tool away without giving its job to something else, the pressure it was managing comes roaring back, and you relapse. **This program's core strategy is to find out what job the behavior does for you — and give that job to healthier things.**

Why it got so strong — and why your brain can heal

Over years of repetition, this loop carved deep neural pathways and dialed down your brain's sensitivity to ordinary pleasures, so normal life can feel flat while the behavior feels intensely compelling. Here's the hopeful part, proven by neuroscience: the brain is **plastic**. With sustained abstinence and new patterns, sensitivity to natural rewards gradually returns, the old pathways weaken, and new ones strengthen. This takes time — which is exactly why the program is 90 days, not 9. You're not just resisting; you're physically rewiring.

THE SHAME TRAP — THE ENGINE OF RELAPSE

There's one more loop to name: **shame**. Use leads to shame ("I'm disgusting, I'm broken"), shame creates unbearable emotional pain, and that pain becomes the very trigger that drives the next use — to escape the shame. Round and round. Breaking this is so important that an entire week is devoted to it. For now, hold this: **shame is fuel for the addiction, not a cure for it**. Self-compassion, not self-attack, is what actually breaks the cycle.

What this program asks of you

Recovery this deep isn't comfortable, and it isn't instant. Before you begin, it's worth being honest with yourself about what you're signing up for — and why it's worth it.

It will ask for:

- **Honesty** — especially with yourself, and ideally with one trusted person.
- **Discomfort tolerance** — you'll feel urges and hard emotions without escaping them. This is the skill that changes everything.
- **Consistency** — the Daily Core, every day, even when you don't feel like it.
- **Patience through slips** — treating setbacks as lessons, not verdicts.

And it gives back:

- Your time, focus, and energy returned to your real life.
- Genuine self-respect, rebuilt one kept promise at a time.
- The capacity for real intimacy and connection.
- Freedom — the quiet power of no longer being controlled by an urge.

A realistic expectation about the early weeks

The first 1–2 weeks are often the hardest — urges can spike, mood can dip, sleep can wobble as your brain adjusts. **This is temporary and it's actually a sign of healing**, like the soreness of muscles being rebuilt. It passes. Push through the early storm and you'll reach calmer water. Most people find weeks 3–4 noticeably easier than week 1.

"You are not weak for struggling with this. You are strong for facing it directly — and you're about to learn how."

Your foundation

Motivation fades; a strong foundation doesn't. Before the 90 days begin, you'll anchor two things that will carry you through the hard moments: your real reasons, and a clear commitment.

Your deepest "why"

In a craving, your thinking brain goes quiet and your reasons evaporate. So write them down now, in your own words, while you're clear. Make them specific and personal — not "it's bad," but what it actually costs **you**, and what you actually want instead.

WHAT THIS HABIT HAS COST ME (TIME, SELF-RESPECT, RELATIONSHIPS, FOCUS, PEACE...)

WHO AND WHAT I'M DOING THIS FOR — AND THE LIFE I WANT ON THE OTHER SIDE

WHEN AN URGE HITS, THE ONE SENTENCE I WANT TO REMEMBER IS...

Reshape your environment first

Willpower is unreliable; environment is dependable. Before Day 1, make the behavior **harder** and your life **easier**. This isn't the whole solution, but it buys you crucial time during urges.

- ☐ Put real friction between you and easy access — filtering/accountability software on every device, and remove the easy entry points you know about.
- ☐ Change the conditions of your highest-risk times (e.g. how, when, and where you use devices — especially alone and late at night).
- ☐ Tell **one trusted person** (or your therapist) that you're doing this. Secrecy feeds the habit; honest accountability starves it.
- ☐ Set up the small rewards and supports you'll lean on instead.

Sign your commitment

A commitment made on paper is harder to abandon than one made in your head. Write today's date and your name. You're not promising to be perfect for 90 days — you're promising to **follow the program and never quit on yourself**, slips and all.

The Daily Core

This is the non-negotiable backbone of the entire program — a short routine you run **every day for 90 days**, no matter what. It takes 10–15 minutes total, spread across the day. Consistency here is what carves the new groove. Photograph this page; it's your daily anchor.

Morning (2–3 min) — set the day

- **Re-read your "why"** sentence from your foundation page.
- **Name today's risk:** "Where am I most likely to be vulnerable today, and what's my plan?"
- **Set one intention** for a meaningful action that fills your day with something real.

Throughout the day — when an urge comes

- Run the **Emergency Urge Protocol** (next page). Every urge you ride without acting makes the next one weaker.
- Do at least one thing from your healthy **replacement menu** (built in Phase 1).

Evening (5 min) — check in & log

- **Mark the day** on your 90-Day Tracker.
- **Quick log:** any urges today? What triggered them? How did I respond? What did I feel underneath?
- **One win:** name one thing you did well today, however small.

Daily lifestyle anchors (the foundation of a calm nervous system)

These aren't optional extras — they directly lower urge frequency by steadying your body and mood:

- **Move your body** every day, even a short walk — exercise is one of the strongest natural urge-reducers.
- **Protect your sleep** — tiredness destroys self-control. Keep a steady wake time and a screen-free wind-down.
- **Connect with a real person** daily, even briefly — isolation is high-risk fuel.
- **Avoid the obvious risk states** — being alone, bored, and on a device with nothing to do is the danger zone. Have a plan for it.

THE ONE RULE THAT MAKES THIS WORK

Do the Daily Core **even on bad days — especially** on bad days. The day you don't feel like checking in is the day you most need to. Never skip two days in a row of the evening log; that's the early sign of a slide.

The Emergency Urge Protocol

This is your fire drill — exactly what to do the moment a strong urge hits, when your thinking brain has gone offline and the pull feels overwhelming. Don't try to remember it in the moment; **photograph this page and open it when the urge comes**. Follow the steps in order.

When the urge hits — do this now

- 1 **STOP and name it.** Out loud if you can: "This is an urge. It is not a command, and it is not me." Naming it breaks the trance.
- 2 **DELAY — set a timer for 15 minutes.** You are not saying "never," you are saying "not yet." Urges are waves; almost all of them crest and fall within minutes if you don't feed them. Your only job is to outlast this one wave.
- 3 **MOVE your body immediately.** Stand up, leave the room, change your physical location. Splash your face, step outside, do push-ups, take a brisk walk. Motion drains the charge and breaks the moment.
- 4 **BREATHE to lower the alarm.** Slow breaths: in for 4, out for 6, for two minutes. The long out-breath tells your body the emergency is passing.
- 5 **SURF the wave.** Notice where you feel the urge in your body. Watch it like a wave rising — don't fight it, don't obey it, just observe it crest and begin to fall. Say: "Rising... peaking... passing." It always passes.
- 6 **REACH OUT.** Message your accountability person or therapist: even just "having a hard moment." Saying it out loud to another human collapses the secrecy the urge needs.
- 7 **REDIRECT.** Once the peak passes, do something from your replacement menu — anything that occupies your hands and mind for the next half hour.

Play the tape forward

In the heat of an urge, your brain shows you only the promised relief — never the aftermath. So deliberately **play the whole tape forward**: picture not just the few minutes of acting out, but the moments right after — the emptiness, the regret, the shame, the broken streak, the "why did I do that again." Then picture the alternative: waking tomorrow with your streak intact and your self-respect growing. Choose which tape you want to live. The urge lies by hiding the ending.

Remember in the moment

You have ridden out urges before without acting — which means you can do it now. This feeling is temporary and survivable. You will never regret riding out an urge. Every single one you surf rewires your brain and makes you stronger for the next.

The Lapse & Relapse Protocol

You may slip during these 90 days. If you do, what you do **next** matters far more than the slip itself. Most recoveries aren't ended by a slip — they're ended by the shame spiral and the "I've ruined it, might as well keep going" thinking that follows. This page is how you make sure one slip stays just one slip.

First, understand the trap: the "what the hell" effect

After a slip, the mind says: "Well, I've already broken it, so the streak is ruined — I might as well keep going." This single thought turns a small lapse (one slip) into a full relapse (back to old patterns). It's a thinking error, not a truth. **A slip is a stumble, not a fall off a cliff.** Eighty-nine good days plus one slip is still eighty-nine good days — not zero.

If you slip — run these steps the same day

- 1 **Stop the spiral immediately.** The moment you become aware, stop. Don't let one slip become an all-day binge. Stopping now is a victory.
- 2 **Drop the shame, keep the lesson.** Do not attack yourself — remember, shame is the fuel that drives the next slip. Speak to yourself as you would to a friend who slipped: "That happened. It's a setback, not the end. What can I learn?"
- 3 **Investigate, like a scientist.** Trace it back: What was the trigger? What was I feeling underneath? Where did the chain actually start — often hours earlier, in a small decision? (See below.)
- 4 **Re-engage the Daily Core today.** Don't "start fresh tomorrow" — that's the trap. Do your evening log and lifestyle anchors **tonight**. Recovery resumes the same day.
- 5 **Strengthen the weak link.** Update your plan so that exact chain is harder next time — new boundary, new replacement, new trigger plan.
- 6 **Tell your accountability person.** Bringing it into the light removes its power and is the opposite of the secrecy that feeds it.

MY SLIP ANALYSIS — THE CHAIN THAT LED TO IT (FILL THIS IN IF IT HAPPENS)

The trigger / situation	
What I was really feeling underneath	
The first small decision that started the chain	
What I'll do differently at that exact link	

THE DECISIONS BEFORE THE DECISION

Relapse rarely starts at the urge — it starts hours earlier with small "harmless" choices (staying up alone, picking up the device in bed, letting yourself get drained and isolated). These are the real decision points. Learning to spot **your** early chain is one of the most powerful skills in this whole program.

PHASE ONE

01 Stabilize

DAYS 1-30 · BREAK THE CYCLE

The first 30 days are about creating safety and interrupting the loop. You'll build strong boundaries, map your triggers, master the skill of riding out urges, and discover the hidden job the behavior has been doing — so you can start handing that job to healthier things.

Week 1 — The Reset & Strong Boundaries

Week 2 — Know Your Triggers

Week 3 — Mastering the Urge

Week 4 — Replacing the Function

The Reset & Strong Boundaries

This week is about decisively interrupting the pattern and building your safety structure. The early days can be intense — that's your brain adjusting, and it's normal. Lean hard on your environment and your protocols. Your only goal this week is to **get through each day and run your Daily Core**.

DAILY PRACTICES THIS WEEK

- ☐ Run the full **Daily Core** (morning intention, urge protocol as needed, evening log) — every day, no exceptions.
- ☐ Keep your environment locked down; don't test it. Avoid the alone-bored-on-a-device danger zone.
- ☐ Move your body daily and protect your sleep — both are urge-reducers working in the background.

THIS WEEK'S DEEP WORK

COSTS & VISION LETTER

Write a one-page letter to yourself: everything this habit has taken from you, and the specific life you're reclaiming. Read it every morning this week. Make it emotional and real — this is your fuel.

IF URGES SPIKE HARD THIS WEEK

That's expected and temporary — often the peak is in the first few days. Don't panic and don't read it as failure. Stack your tools: protocol, move, breathe, reach out, repeat. The intensity drops as the week goes on.

Know Your Triggers

You can't defend against an enemy you can't see coming. This week you become an expert on your own triggers — the cues that start the urge. Most fall into four categories, and almost all of them are predictable once you start watching.

THIS WEEK'S DEEP WORK — YOUR TRIGGER MAP

Emotional (HALT: Hungry, Angry, Lonely, Tired — plus stress, boredom, anxiety, shame)	
Situational (alone, late night, after conflict, certain rooms, transitions)	
Digital (specific apps, feeds, devices, "just checking," idle scrolling)	
Physical/bodily (tiredness, restlessness, certain times of day)	

BUILD YOUR DEFENSE PLAN

MY 3 HIGHEST-RISK SITUATIONS — AND MY SPECIFIC PLAN FOR EACH

For each: how I'll avoid it, change it, or what exactly I'll do instead when it arrives.

DAILY PRACTICES THIS WEEK

- ☐ Continue the full Daily Core every day.
- ☐ In your evening log, note **what triggered** any urge and **what you felt underneath** it — you're gathering your personal data.
- ☐ Pre-empt your highest-risk time of day with a planned activity before it arrives.

The pattern you're looking for

By the end of this week, most people can complete the sentence: "I'm most at risk when I'm _____, at _____, feeling _____." When you can predict it, you can prepare for it — and a prepared-for trigger loses most of its power.

Mastering the Urge

This is the core skill of recovery: learning that an urge is not an emergency and not a command — it's a temporary wave you can ride. Every urge you surf without acting physically weakens the habit pathway. This week you turn the Emergency Protocol into a reflex.

The truth about urges that sets you free

An urge is a wave: it rises, peaks, and **always falls** — usually within minutes — whether or not you act on it. Acting doesn't "release" it; it just trains your brain to send a bigger wave next time. Riding it out does the opposite: it teaches your brain the wave is survivable, and the waves slowly get smaller and rarer. You are never "fighting forever" — you're outlasting one wave at a time.

THIS WEEK'S DEEP WORK — THE URGE LOG

LOG EACH URGE YOU RIDE THIS WEEK — AND WATCH YOUR EVIDENCE BUILD

Trigger & feeling underneath	Intensity 0–10	How I surfed it / how long until it passed

YOUR IN-THE-MOMENT TOOLKIT (THE 4 D'S)

- **Delay** — 15 minutes. Not "never," just "not yet." Outlast the wave.
- **Distance / Distract** — change location and occupy your hands and mind.
- **Deep-breathe** — in 4, out 6, to lower the body's alarm.
- **De-catastrophize** — "This is uncomfortable, not dangerous. It will pass."

PROOF YOU CAN COLLECT

By logging urges you'll see something powerful in your own handwriting: that the urge you were **sure** you couldn't survive passed in a few minutes. That evidence, in your own data, is more convincing than anything anyone can tell you.

Replacing the Function

This is the week that separates lasting change from white-knuckling. You'll uncover the **real job** the behavior has been doing for you — and start deliberately giving that job to healthier things. Remove a habit without replacing its function and the pressure returns; replace the function and the habit loses its purpose.

THIS WEEK'S DEEP WORK — FUNCTION ANALYSIS

WHAT DOES THE BEHAVIOR ACTUALLY DO FOR ME?

Be honest. Most people find it's mainly about escaping or regulating a feeling, not the content itself.

The job it does for me...	...a healthier thing that can do that job
Escapes stress / pressure	
Soothes loneliness / connection	
Fills boredom / understimulation	
Numbs a painful emotion	
Provides reward / aliveness	

BUILD YOUR REPLACEMENT MENU

MY GO-TO REPLACEMENTS — KEPT READY FOR URGES (THINGS THAT ENGAGE BODY, MIND, OR CONNECTION)

Phase 1 review — 30 days

- What's been the single hardest trigger, and what's worked best against it?
- What have I noticed changing — in urges, mood, sleep, clarity?
- One thing I'm proud of from these 30 days: _____

Crossing into Phase 2

You've broken the immediate cycle and built your defenses. Now the deeper work begins — healing the roots that made the behavior necessary in the first place. This is where the change becomes permanent.

PHASE TWO

02 Rewire

DAYS 31-60 · HEAL THE ROOTS

With the cycle interrupted, you now go deeper than any blocker can reach — into the emotional roots that fueled the behavior. You'll break the shame loop, learn to feel and regulate emotions instead of escaping them, address what's underneath, and rebuild your brain's capacity for natural reward.

Week 5 — Breaking the Shame Cycle

Week 6 — Feeling Without Escaping

Week 7 — Healing What's Underneath

Week 8 — Rewiring Your Reward System

Breaking the Shame Cycle

Shame is the secret engine of this addiction: use creates shame, shame creates pain, and that pain drives the next use. As long as you attack yourself, you keep feeding the very thing you're trying to stop. This week you learn the counterintuitive truth that **self-compassion, not self-punishment, is what breaks the cycle.**

Guilt vs. shame — a crucial difference

Guilt says "I did something I regret" — it's about behavior, and it can motivate change.

Shame says "I **am** bad / broken / disgusting" — it's about identity, and it only drives you back to escape. Recovery needs you to trade shame for guilt: to hold yourself accountable for actions while refusing to condemn your worth as a person.

THIS WEEK'S DEEP WORK

THE SHAMING THINGS I SAY TO MYSELF — REWRITTEN WITH COMPASSION

What my shame says	What I'd say to a struggling friend

DAILY PRACTICES THIS WEEK

- ☐ Continue the Daily Core. Add: each evening, one compassionate sentence to yourself, especially after a hard moment.
- ☐ When shame rises, name it: "This is shame, and it's trying to pull me back. I don't have to obey it."
- ☐ Practice secrecy-breaking: share one honest thing with your trusted person this week.

WHY THIS MATTERS MORE THAN IT SEEMS

For long-term strugglers, unhealed shame is often **the** missing piece — the reason will-power and blockers never worked. You cannot hate yourself into lasting change. The kinder you become toward yourself, the less fuel the cycle has. This is strategy, not softness.

Feeling Without Escaping

At its core, this habit has been a way to **not feel** something — stress, emptiness, anxiety, loneliness, pain. So the deepest skill in recovery is learning to feel emotions and let them pass **without escaping them**. This week you build that capacity directly. As it grows, the behavior loses its main purpose.

The RAIN practice for difficult emotions

- **R — Recognize** what you're feeling. Name it: "anxiety," "loneliness," "emptiness."
- **A — Allow** it to be there. Stop fighting it. "It's okay that this is here right now."
- **I — Investigate** with kindness. Where is it in my body? What does it need?
- **N — Nurture**. Offer yourself what you'd offer a hurting friend — warmth, not escape.

THIS WEEK'S DEEP WORK — THE EMOTION LOG

TWICE A DAY, PAUSE AND NAME WHAT YOU FEEL — BUILDING EMOTIONAL FLUENCY

Feeling	Where in my body	What it's telling me I need

DAILY PRACTICES THIS WEEK

- ☐ Continue the Daily Core.
- ☐ When an uncomfortable emotion arises, run RAIN instead of reaching to escape it — even for two minutes.
- ☐ Notice the link in your log: which emotions most often precede urges? Those are your real work.

The reframe that changes everything

An urge is often just an unfelt emotion knocking on the door. When you can sit with the feeling underneath, the urge has nothing left to do. You stop needing to escape because you've learned you can **be with** what you feel — and survive it.

Healing What's Underneath

For someone who has struggled for many years, the behavior is usually sitting on top of something deeper — chronic loneliness, unhealed pain or trauma, anxiety, low self-worth, or an unmet need for connection or meaning. This week you look honestly at the soil the habit grew in, so you can tend the root and not just the leaf.

THIS WEEK'S DEEP WORK — THE DEEPER INVENTORY

WHEN DID THIS START, AND WHAT WAS HAPPENING IN MY LIFE THEN?

WHAT DEEPER NEED OR PAIN HAS THIS BEHAVIOR BEEN MANAGING FOR ME?

e.g. loneliness, a way to feel wanted, escape from stress or memories, soothing anxiety, filling emptiness or lack of purpose.

WHAT WOULD ACTUALLY MEET THAT NEED IN A REAL, LASTING WAY?

An honest, important note

If this inventory uncovers deep pain — trauma, abuse, grief, chronic depression — please know that this is exactly the kind of root that's hard to heal alone, and there is no shame in needing help with it. Bring it to your therapist. Healing the root with proper support is often the turning point that makes everything else finally hold.

DAILY PRACTICES THIS WEEK

- ☐ Continue the Daily Core.
- ☐ Take one real action this week toward meeting an underlying need in a healthy way (reach out to someone, start addressing a stressor, book that support).

Rewiring Your Reward System

Years of intense artificial stimulation can leave normal life feeling flat — a brain dialed down to ordinary pleasures. The good news: this is reversible. This week you actively help your reward system re-sensitize, so that real life — connection, accomplishment, nature, movement, rest — starts to feel rich and rewarding again.

How re-sensitization happens

By staying away from the intense artificial stimulation **and** deliberately re-investing in simple, healthy pleasures, your brain gradually turns its sensitivity back up. Early on, healthy rewards may feel disappointingly mild — keep going anyway. Over the weeks, color returns: food tastes better, conversations feel fuller, small wins feel good again. You're not just abstaining; you're rebuilding your capacity for joy.

THIS WEEK'S DEEP WORK — THE NATURAL PLEASURE MENU

HEALTHY SOURCES OF REWARD I'LL DELIBERATELY RE-INVEST IN

Movement, nature, music, creating something, learning, real connection, accomplishment, rest, play.

DAILY PRACTICES THIS WEEK

- ☐ Continue the Daily Core.
- ☐ Each day, do at least one thing purely from your natural pleasure menu — and savor it slowly, on purpose.
- ☐ Keep your lifestyle anchors strong: daily movement, steady sleep, real connection. These are the foundation of a re-sensitizing brain.

Phase 2 review — 60 days

- What have I learned about the real roots and feelings underneath this habit?
- How is my relationship with shame and with my emotions changing?
- What's starting to feel rewarding in real life again? _____

PHASE THREE

03 Rebuild

DAYS 61-90 · BUILD THE NEW LIFE

The final phase makes your freedom durable. You'll master relapse prevention, heal the isolation that fed the habit through real connection and intimacy, shift your very identity, and anchor your recovery in meaning — so that staying free becomes simply who you are.

Week 9 — Relapse-Prevention Mastery

Week 10 — Connection & Intimacy

Week 11 — Identity, Values & Meaning

Week 12 — Your Lifelong Blueprint

Relapse-Prevention Mastery

By now you know your triggers, your urges, and your roots. This week you weave it all into a single, personal relapse-prevention plan — your map of exactly where you're vulnerable and exactly what you'll do. This is the document that protects everything you've built.

Map your personal relapse chain

Relapse is rarely a single moment — it's a chain that often starts hours or days earlier with small "irrelevant" decisions, rising stress, slipping self-care, growing isolation, and quiet warning signs. The earlier in the chain you intervene, the easier it is. Learn **your** chain so you can break it at the first link, not the last.

THIS WEEK'S DEEP WORK — YOUR RELAPSE-PREVENTION PLAN

My early-warning signs (in mood, behavior, self-care, thoughts)	
My highest-risk situations & my plan for each	
My first-link interventions (what I'll do at the earliest sign)	
My emergency tools (protocol, who I call, where I go)	
My reasons — why staying free is worth it	

LAPSE ≠ RELAPSE — KEEP THIS DISTINCTION SHARP

A **lapse** is a single slip; a **relapse** is letting that slip pull you all the way back. The difference between them is entirely what you do next — and you already have the Lapse Protocol for exactly that. Knowing you have a plan for slips actually makes slips less likely.

Connection & Intimacy

This habit thrives in isolation and offers a counterfeit of intimacy without the vulnerability of the real thing. Lasting recovery requires filling that space with genuine human connection. This week you intentionally rebuild closeness — the true antidote to the loneliness that fed the behavior.

Why real connection is the antidote

The behavior gave you a quick, safe-feeling substitute for closeness — no risk, no rejection, no being truly seen. But it left the real need for connection unmet, which kept the hunger alive. Real intimacy — being known by another person and choosing to be present and vulnerable — meets that need in a way the substitute never could. As genuine connection grows, the counterfeit loses its pull.

THIS WEEK'S DEEP WORK

WHERE AM I ISOLATED, AND HOW CAN I BUILD MORE REAL CONNECTION?

IF I HAVE A PARTNER: HOW DO I WANT TO REBUILD TRUST, HONESTY, AND CLOSENESS? · IF SINGLE: WHAT DOES HEALTHY INTIMACY LOOK LIKE FOR ME, AND HOW DO I MOVE TOWARD IT?

DAILY PRACTICES THIS WEEK

- ☐ Continue the Daily Core.
- ☐ Each day, take one small step toward real connection — a genuine conversation, reaching out, being a little more open with someone you trust.
- ☐ Practice presence: when with people, be fully there rather than half-escaped.

Identity, Values & Meaning

The most durable recovery isn't about constantly resisting an old behavior — it's about becoming a person for whom that behavior simply no longer fits. This week you make the shift from "someone trying to quit" to "someone who lives by different values," and you anchor your freedom in something bigger than the urge: meaning.

From resisting to becoming

There's a quiet but powerful shift from "I'm trying not to use" to "I'm someone who doesn't — that's not who I am anymore." When the change becomes part of your identity, you're no longer white-knuckling against every urge; you're simply acting in line with who you are. Each day you stay true to it, that identity gets more solid and the old one fades.

THIS WEEK'S DEEP WORK

THE PERSON I'M BECOMING — "I AM SOMEONE WHO..."

MY CORE VALUES, AND HOW THIS RECOVERY LETS ME LIVE THEM

WHAT I WANT TO POUR THE RECLAIMED TIME, ENERGY, AND FOCUS INTO — MY SENSE OF PURPOSE

Meaning is the strongest protection of all

People with a compelling reason to be present — a purpose, people they love, a life they're building — relapse far less, because they have too much they actually want to trade it for. Building a meaningful life isn't separate from recovery. It **is** the recovery.

Your Lifelong Blueprint

You've reached the final week. Now you consolidate everything into a simple, sustainable blueprint for life beyond Day 90 — because recovery is a direction you keep walking, not a finish line you cross. This week is about making your freedom permanent and honoring how far you've come.

THIS WEEK'S DEEP WORK — YOUR MAINTENANCE BLUEPRINT

The daily practices I'll keep for life (my new normal)	
My weekly check-in with myself (and with whom)	
My warning signs and what I'll do at the first one	
My ongoing support (people, therapist, community)	

90-day reflection — look how far you've come

- Who was I on Day 1, and who am I now?
- What's the most important thing I learned about myself?
- What am I most proud of? _____
- What's my vision for the year ahead? _____

ON DAY 91 AND BEYOND

Don't stop the practices that got you here just because the 90 days are "done." Keep the Daily Core in a lighter form, keep your connections strong, keep meaning at the center, and treat any slip with the Lapse Protocol and zero shame. You now have something no blocker could ever give you: the skills, the self-knowledge, and the identity of someone who is free.

"You didn't just quit a habit. You became someone new — and that person isn't going back."

The 90-day tracker

Mark each day you stay on track. This isn't about a perfect streak — it's about **showing up**. Watching the boxes fill in is one of the most motivating forces in recovery: visible proof of the new person you're becoming, one day at a time. (If you slip, run the Lapse Protocol and keep going — the chain of effort continues.)

Phase 1 — Stabilize (Days 1–30)

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15	16	17	18	19	20	21	22	23	24	25	26	27	28
29	30												

Phase 2 — Rewire (Days 31–60)

31	32	33	34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55	56	57	58
59	60												

Phase 3 — Rebuild (Days 61–90)

61	62	63	64	65	66	67	68	69	70	71	72	73	74
75	76	77	78	79	80	81	82	83	84	85	86	87	88
89	90												

A note on streaks

Streaks are motivating, but don't let a broken one undo you. If you slip on day 47, you don't erase 46 days of rewiring — that work is real and it stays. Mark the slip honestly, run your protocol, and keep filling boxes. The goal was never a perfect chain; it's a changed life.

Quick-reference card

Photograph this page. It's your fast access to the two things you'll need most in a hard moment — the urge protocol and the truths that pull you back to yourself.

Urge hitting right now? Do this:

- **Name it:** "This is an urge — a wave, not a command. It will pass."
- **Delay 15 minutes.** Not never — just not yet. Outlast the wave.
- **Move** — change rooms, go outside, do something physical right now.
- **Breathe** — in 4, out 6, for two minutes.
- **Play the tape forward** — past the few minutes, to the regret... then to the alternative.
- **Reach out** — message your person: "having a hard moment."
- **Redirect** — one thing from your replacement menu for 30 minutes.

You have ridden out urges before. You can ride out this one. It always passes.

If you slipped:

- **Stop now** — one slip is not permission for ten. Stopping now is a win.
- **No shame spiral** — shame is the fuel, not the fix. Talk to yourself like a friend.
- **89 good days + 1 slip = 89 good days**, not zero. You didn't lose your progress.
- **Run the Daily Core tonight** — recovery resumes today, not "Monday."
- **Find the chain** and strengthen that one weak link.

Truths to hold onto

- I am not weak — I'm doing the hardest, bravest kind of work.
- The urge is temporary. My freedom is worth more than the moment.
- Every urge I ride rewires my brain and makes the next one weaker.
- I am becoming someone who is free — and that person isn't going back.

If you're also struggling with deep depression, trauma, or thoughts of harming yourself, please reach out to your therapist or a trusted person — you don't have to carry the heaviest parts alone.