

Step 1: Identify the problem: LUST/PORN

Step 2: Detoxing/Prayer/Fasting in Humbleness & Authenticity to start fresh on your journey if religious

Step 3: Identify the effects of the Lust in your life (Shame, Guilt, breakdowns, mindsets etc) :

Step 4: Identify related traumas, Shadows or Blockages that you need to heal :

Step 5: Identify & Know your triggers (People, Places, things, Mental & Emotional States) :

Step 6: Write some strict boundaries around triggers with consequences attached & stay disciplined:

Step 7: Write your "Temptation Escape Plans" or Accountability partners (Professional help if required)

Step 8: Set your routines that targets replacing Bad habits / Behaviours

Step 9: Identify what perspectives need reframing or cognitive dissonance adjusting to rewire brain & reprogram subconscious around this behaviour?

Step 10: What's your 'Highest self' look like in contrast to now? (Embody that version now)
Set standards around this version of you that frames Goals this version will achieve.

Step 11: Identify the Healing Practices & Modalities that will assist (Healthy distractions)

Step 12: Consciously formulate & know your tools, techniques & strategies & Commence 77 day journey

On-Going Techniques

- Live 'Remembering-the-positive-future'
- Focus on the small battles to then conquer the large one.
- Stay in a positive mindset, remove judgments and resentment.
- See everyday as a new start & new opportunity.
- Practice mindfulness & stay disciplined.
- Avoid negative people, places & things to ensure no negative sub-conscious programming.



DISCLAIMER:

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