

IF-THEN URGE RULE

Pre-deciding your response removes hesitation. When the urge hits, your brain needs a clear instruction — not a decision. Write one rule. Follow it every time.

BUILD YOUR RULE

Keep the action simple and immediate — stand up, leave the room, do a short physical task.

IF I feel the urge to watch porn...

THEN I will:

Why I chose this action:

What makes it easy to do immediately:

KNOW YOUR RISK MOMENTS

Your rule needs to be ready before the urge arrives. Know your patterns.

The time of day I'm most vulnerable:

The situation or place where urges hit hardest:

The emotion that usually comes right before:

YOUR WRITTEN COMMITMENT

Write your full rule below. Read it back. This is your plan — use it every single time.

My IF-THEN rule in full:

I commit to using this rule every time, starting:

Growth lives on the other side of action.