

A single relapse does not erase months of rewiring —it bruises it. This protocol will minimize damage and restore your path to freedom. Begin immediately after a relapse; every hour matters.

PHASE 1: IMMEDIATE RESPONSE (FIRST HOUR)

SPIRITUAL RESET

- 1. Make sincere Tawbah (repentance) immediately
- 2. Perform Ghusl (full ritual bath)
- 3. Pray two Rak'at of Salat al-Tawbah
- 4. Recite 100× Astaghfirullah (seeking forgiveness)

DIGITAL PURGE

- 1. Delete any triggering content immediately
- 2. Close all triggering apps/sites
- 3. Activate maximum blocking software
- 4. Put phone in another room or give to trusted person

PHASE 2: BIOLOGICAL INTERVENTION (NEXT 3 HOURS)

PHYSICAL RESET

- 1. **Cold Exposure:** Take a 5-minute cold shower
- 2. **Intense Exercise:** 45-minutes of boxing, running, or deadlifts
- 3. **Hydration:** Drink 1.5 liters of water
- 4. **Nutrition:** Consume high-protein, anti-inflammatory meal (eggs, fish, green vegetables)

NEUROLOGICAL RESET

- 1. Go outside for 20 minutes of direct sunlight
- 2. 10 minutes of deep breathing (4-7-8 technique)
- 3. If evening: Take 200mg magnesium, 5mg zinc
- 4. Do not nap—push through fatigue to reset sleep cycle

PHASE 3: SPIRITUAL & MENTAL RESTORATION

SPIRITUAL RECONNECTION

- 1. Recite one Hizb of Qur'an (approx. 2 pages)
- 2. Additional 100× Astaghfirullah
- 3. Contact accountability partner (brief call or message)
- 4. Attend congregational prayer at mosque if possible

MENTAL RECALIBRATION

- 1. 20-minute walk while listening to beneficial Islamic content
- 2. Avoid all screens for remainder of day if possible
- 3. Spend time with family in public area of home
- 4. Write reflection in journal: What led to relapse and what you've learned

PHASE 4: SLEEP PROTOCOL (BEFORE BED)

OPTIMAL SLEEP PREPARATION

- 1. No screen time 2 hours before sleep
- 2. Phone must stay outside bedroom (use smartwatch for alarm)
- 3. Bedroom door remains open
- 4. Perform complete Wudu before sleep
- 5. Recite protection duas (Al-Mu'awwidhat)
- 6. Sleep minimum 7-8 hours

PHASE 5: NEXT DAY RESTORATION

FULL SYSTEM RESTART

- 1. Wake up for Fajr prayer without fail
- 2. Another 5-minute cold shower
- 3. Morning physical training session (minimum 30 minutes)
- 4. Restart all non-negotiables from Breaking Free system
- 5. If relapse occurred after Day 30+ of recovery, resume previous week's protocols
- 6. If relapse occurred within first 30 days, restart Week 1 protocols

This path isn't easy, and no one expects perfection from you - not us, and not your Lord. What matters is that you keep showing up, even when it hurts, even when you feel like you've failed.

Relapse doesn't erase your effort; it just means you're human. What defines you is the courage to get back up, to take the next step, and to believe — even in the smallest way — that your future can still be written with strength, honour, and the mercy of Allah. We're walking with you through it all. You've got this.

RN.