

## 90 DAY - No PMO Advice & Tool Guide!

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### Week 1 - Survival Mode Week!

#### **General:**

The first four weeks are the absolute hardest part of a 90 day reboot. In particular the first two weeks. Once you get past 4 weeks, for most people it will get a lot easier.

#### **Common mistakes:**

One common mistake people make in the beginning is to make a rebooting plan that is WAY too strict. They are trying to fit in as many good things as possible, like for example a daily 10 mile run, two cold showers, 30 minutes of meditation, strength training etc. all on the same day.

This is a psychological trap we fall into when trying to compensate for our last relapse binge and we so desperately want to see a better future. So, we come up with a plan and do not realize that we overcompensate and that the plan is way too strict for it to work in the long run. DO NOT DO THIS. It WILL backfire!

Also, your testosterone levels spike at the end of the first week, which can cause massive urges, so be aware of that. They will drop back down in the second week though (*this is not a mistake, but it is something you should be aware of*).

#### **Action steps:**

- Stay away from the internet as much as possible.
- Do physical exercise in moderation.
- Plan your day.
- Take long walks in the evening to help you limit your phone / internet use.

The first week is all about survival and licking your wounds from your last relapse and the most important thing here is to stay away from the internet as much as possible.

Do physical exercise in moderation and by all means meditate, if you feel like it, and do all the other self help things you want in moderation, but don't be too hard on

yourself with all the things that require an enormous amount of discipline at this moment. This is exactly because your main energy needs to be directed at just getting through the day.

Even if you happen to eat more junk food than usual, and get less productive work done, that's ok because, again, your main focus right now is to just survive the first week. In order to help you stay away from the internet as much as possible, take long walks in the afternoon and consider NOT using the internet at all when getting back home from your walk.

## **Week 2 - Clinging On Week!**

### ***General:***

In the second week it is common that some of the aggressive urges you experienced in the first week convert into a low mood instead. It's now common to start experiencing a "deeper" lack of motivation that is often accompanied by depression. This is most likely due to low dopamine levels.

### ***Common mistakes:***

Forgetting your reasons for wanting to do a PMO reboot. Most guys do not keep reminding themselves of their "WHY" i.e. why it's important for them to do a PMO reboot. It's fresh in your mind during the first days, but the fact is that already in the second week, your "why" starts to pale.

### ***Action steps:***

- Remind yourself of your "why" on a daily basis.
- Daily physical exercise is a MUST in order to mitigate the side effects of low dopamine levels.
- Plan your day.

If you didn't write down why you want to reboot back when you first started your journey, now it's time to do so. It has to be done in the second week (by the latest). Write it down on a piece of paper and put it in your wallet.

This is not enough, however, since you need to keep reminding yourself of it on a daily basis. Make a habit out of picturing yourself where you could be three years from now if you stop PMO'ing (this is your "why") and then also picture yourself where you could be if you don't stop (this is your "why not").

In order to combat the low dopamine levels, which are at their lowest level in the second and third week, you also need to be doing daily physical exercise. Right now, physical exercise is more important than meditation and cold showers, or any other tools out there.

## **Week 3 - Sensitized Pathways Week!**

### ***General:***

According to brain science the sensitized pathways in an addict's brain actually grow stronger now than they were in your first week. These are the pathways in your brain that remember how good it feels to use “your drug of choice”.

A sensitized pathway is basically a super memory of pleasure.

This does not mean that your urges and cravings will be stronger now than in your first week. Most of the time they are actually weaker. However, IF you are presented with a trigger right around here, THEN those sensitized pathways can fire up and give you stronger urges than you've ever experienced.

### ***Common mistakes:***

Becoming too confident and underestimating the power of the addiction.

The increased confidence from being able to go for more than two weeks, in combination with not being aware of the sensitized pathways actually being stronger by now, can completely knock them off their feets when suddenly presented with an unexpected trigger...and then, the relapse is a fact.

### ***Action steps:***

- Have an “emergency” replacement activity planned for when the urges hit.
- Daily physical exercise.
- Plan your day.

By now you need to have an exact plan for what to do instead of relapsing when hit by an unexpected trigger. This is precisely because of the sensitized pathways being stronger by now. If you are hit by a trigger that completely overwhelms you with urges, then your replacement activity needs to be there, active and ready to be executed. It is a MUST have! There are hundreds of good activities you can come up with, just make sure it is something you do AWAY from your phone and computer.

In addition, your dopamine levels are still very low. They should start raising after about a week or two from here, albeit VERY slowly. But nevertheless, sunnier days up ahead so hold on tight. However, because the levels are still very low, you still need to keep up the daily physical exercise this week.

## **Week 4 - Reinforcement Week!**

### ***General:***

Hold on, it will probably get easier after this week!

Yes it is probably the last week of the excruciating lowest of the low dopamine levels and they should slowly start raising from here on out. For some people they may even have started doing so last week.

### ***Common mistakes:***

Even though the dopamine levels should start raising after this week, they are still very low and a lot of guys simply get too tired of this depressing state, they can't stand it and mess up. And so, they go on a complete destructive binge right around here.

### ***Action steps:***

- Keep reminding yourself of your "Why" in order to make it through to the next phase, where dopamine starts to raise.
- Daily physical exercise.
- On a daily basis, remind yourself that it will slowly start getting easier once you get past this week.

Keep reminding yourself of your "why" and your "why not". It is important to do this during your whole reboot, but now you are in a vulnerable place, having had to go through so many days with very low dopamine levels, that it now is *especially* important in order for you to be able to push through to the next level.

Also, don't get lazy with the physical exercise. It's even more important now than ever. In a couple of weeks from now you can cut back on it, if you like, but again, your dopamine levels are still very low and physical exercise really helps to combat this.

## **Week 5 - Newfound Motivation!**

### ***General:***

Congratulations, the hardest part is behind you!

Of course you're not out of the woods yet. There will still be plenty of storms to come, but the fact is that most guys experience a much smoother reboot from here on out and there is nothing wrong with congratulating yourself to keep you motivated.

### ***Common mistakes:***

The dopamine levels are raising now, but they have just now started to do so which means they are still low. Some guys are getting tired of the physical exercise, but It's not yet time to cut back on it.

### ***Action steps:***

- Keep up with daily physical exercise.
- Avoid getting too confident, triggers are still dangerous.
- Congratulate yourself for making it past the hardest part.
- Start thinking about some new, interesting hobbies / goals.

Keep up with the daily physical exercise. Next week you can start to cut back on it a bit, if you want to, but just to be on the safe side, keep the daily exercise going until this week is over.

Start thinking about some new interesting goals that you could start working on. You don't need to come to a conclusion yet, but as it's common for creativity to start increasing right around week 6 and 7, ( a pretty cool benefit, right? ) it would be foolish to not take advantage of that by trying some new things in life.

## **Week 6 - Things Are Getting Brighter!**

### ***General:***

It is now pretty common to notice how things are getting brighter. The explanation for this is a better functioning dopamine system. Now, it's probably not yet nowhere near fully recovered, but there will be at least some more dopamine receptors available by now, for your beloved dopamine to be able to bind to.

This will help you feel less depressed, a bit more motivated and things will just be easier in general.

### ***Common mistakes:***

We can always make mistakes, but I can't really find any typical ones that most guys do right around here.

### ***Action steps:***

- You should still exercise, but you don't have to do it every single day, if you don't want to. Feel free to cut down a bit.
- Add meditation in order to fuel the increased creativity even further.
- Decide what new hobbies / goals you will start working on.

Most guys are now experiencing a significant higher level of creativity so this is a wonderful time to start working on some new goals or getting some new hobbies. Last week you were supposed to start thinking about some. This week you should decide. Even if not really sure yet, just decide and go with something.

Don't neglect this, as you have to realize that everything you do is programming your brain in some way, and by doing this action step you will slowly start training your brain to also start focusing on going **towards** 'what you want' in life instead of just running away from things you 'don't want'.

Sure, we want both the carrot and the stick, and in the first weeks of your reboot the stick is extremely important, but now you are already getting so far into your reboot that it is time to start training your brain on what awesome things can be achieved.

Good things to come!

## **Week 7 - Continuing The Path!**

### ***General:***

There is nothing really special about week 7, in terms of neurobiology, however right now you are in a phase where your brain is open to a new life. Look at this phase as "a learning" phase.

This learning or "discovery phase" can be pretty new to your brain, so it could be wise to help guide it by planning the future, visualizing your goals and to journal.

### ***Common mistakes:***

Right around here there are no typical mistakes other than many guys don't take advantage of this new opportunity to steer their brains towards new and exciting things to get more out of their reboot.

### ***Action steps:***

- Keep working on your new goals or hobbies.
- Don't forget to still do physical exercise a few times a week.
- If you haven't been journaling, this is a good place to start.

Start journaling to help guide your brain. It's also an excellent tool to help you reach the goals you have set for yourself. By writing things down you get a better idea of what kind of strategies will make you excel faster. It just works. So, do it!

## **Week 8 - Acclimation Danger!**

### ***General:***

As with so many other things, in life, whenever we reach a new level we quickly acclimate. There is nothing wrong with that, except when it comes to rebooting it comes with a huge danger; *forgetting the past and how easy it can be to slip*.

### ***Common mistakes:***

After a couple of weeks of feeling a bit better many guys will slowly, but surely start to forget what it was like down at the bottom, how easy it is to slip and relapse, and they get a false sense of security.

It is a great thing to move on in life, and not to dwell on the past, but when it comes to PMO rebooting it is a bit different. We need to keep reminding us of how horrifying it is to be stuck in a PMO relapse cycle in order for us to do everything we can to NOT go back there.

Sure you can back off with reminding yourself of that in the future, but not yet. We are talking about at least a couple of years of being clean before you should do that.

You are not out of the woods yet and you need to stay sharp!

### ***Action steps:***

- Remind yourself of your “why not”.
- Keep journaling.
- Meditate.

Journal and meditate to further help your brain, steering it in the direction of the new life you want to have.

Once more, be meticulous with reminding yourself of your “why” and your “why not”. In this phase the “**why not**” is even more important than your “why” as in this acclimation phase you will have to remind yourself a bit of just exactly how bad it was to be stuck in the relapse cycle.

We tend to forget, and forgetting that one is dangerous. Many guys have relapsed because of this, started binge relapsing again and pretty much wiped out two months progress in a matter of a few days. Not good!

## **Week 9 - Reliving The Past!**

### ***General:***

Almost nothing lasts for just one week, and so, you are still in the acclimation phase. This means you will still have to keep reminding yourself of the past to prevent you from going back there.

Of course, your main focus should be on your goals and on your future, but a constant reminder of the past needs to be in place.

### ***Common mistakes:***

As the new life feels so much better, most guys just do not want to be thinking about the past any longer, even though they know they probably should. Now is NOT the time to forget, as again, you are far from being out of the woods...yet, you have come so far that you don't want to wipe out all your progress by falling back into weeks of bingeing again.

### ***Action steps:***

- Daily thinking of your “why not”.
- Swap meditation for physical exercise again.
- Journal and keep planning your new life.



In order to not get depressed from having to do the, somewhat mentally taxing, task of reminding yourself of the past, don't forget physical exercise. Physical exercise is such a wonderful tool whenever we have to deal with draining stuff.

## **Week 10 - More Colors In Life!**

### ***General:***

Your dopamine receptors have continued to recover and things are continuing to get better. Music may perhaps sound better. Food may perhaps taste better. The colors in your life are really starting to become noticable.

### ***Common mistakes:***

Mistakes can, and will, always be made, but I can see no mistakes that are typical right around here.

### ***Action steps:***

- **Keep working on your goals.**
- **Keep journaling.**

You are in a perfect position to keep working on your goals. From here on out you should really make sure to always have goals that you are working on. Both long term and short term goals. They will prevent you from going off track again and somehow drift back to a life filled with instant gratification and destructive dopamine addictions.

## **Week 11 - Evaluating Progress!**

### ***General:***

Congratulations! 70 days are behind you and you are now riding on a really, *really* good streak.

Since everyone is different, and since the things I have written in this guide is made considering "average data ", your situation may of course be different and with 70 days under your belt, you now have enough data on your own to sit down and evaluate your progress.

***Common mistakes:***

Nothing typical here.

***Action steps:***

- Evaluate your reboot.
- Continue journaling.
- Continue working on your goals.

What would you say have been the most helpful things during your reboot so far? Spend this week thinking about that and the reasons for why that is, all while you continue working on your goals.

**Week 12 - Implement Your Findings!*****General:***

As you spent your last week analyzing and thinking about your reboot so far, you were bound to come up with some conclusions on what has been particularly helpful for you, as well as things that have maybe felt more like a waste of time and energy.

***Common mistakes:***

It is pretty common that, for example ultramarathon runners, tend to crash just before the finish line, due to a psychological phenomenon that we do not yet fully understand. This is also true in other domains and other “bigger” tasks we set out to achieve. Some PMO rebooters also fall into this trap and relapse right before they are about to hit the big 90.

Don't let this happen to you!

***Action steps:***

- Implement / reinforce your findings as you go forward.
- Keep working on your goals.
- Stay strong as you last week is about to arrive.

Taylor your daily action routines to your findings you've been pondering last week. Implement, or do more of, the things that you think have given you the most bang for

the buck and cut down, or eliminate, the actions steps that didn't really do anything for you. From here on out you are your own best teacher.

## **Week 13 - The Big 90 Around The Corner!**

This is your final week and by the end of it, you will be reaching 90 days!

I will no longer give you action steps, as you are now your own best teacher, however, I will give you a few recommendations.

### **Recommendations:**

As you close in on the big 90, look back on your journey and feel proud of yourself.

You should at the same time be careful not to start underestimating the power of the addiction.

Guys have relapsed on day 88 or day 89 even though they were just a couple of days away from reaching one of their biggest goals in life and that should really tell us something about the power of the addiction.

Many guys have also relapsed in the fourth, fifth or sixth month and even further along the road than that.

At the same time, don't get paralyzed by fear because of it.

I recommend you keep journaling as you go forward because that is such an incredible tool to help you keep your brain on track. It will remind you of the hellhole you once spent your darkest days in and thus prevent you from starting to drift in a direction that will take you back there.

It is also a great tool for assisting you in your new life, assisting your brain with finding clever ways on how to achieve all the new goals you set for yourself. Because remember...

... you should always have goals that you are working on.

Best of luck - and stay strong now!

