



# POLICEMAN

## SMALL STEPS BIG CHANGE

SELF-DISCIPLINE BUILDS FREEDOM,  
NOT ADDICTION.

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# Chapter 1

## **This Is Happening to You Because You're** **Living a Loveless Life.**

Tumhe lagta hai ki tum ek addiction se lad rahe ho, lekin asal mein tum ek khaali zindagi se lad rahe ho. Har baar jab tum apne aap se kehte ho, "Yeh aakhri baar hai," tumhe andar se pata hota hai ki yeh jhooth hai.

Tumhara dimaag bahane banata hai –  
"Sab karte hain," "Koi badi baat nahi," "Aakhri baar kar lete hain."

Lekin jaise hi sab kuch khatam hota hai, ek ajeeb si bechaini tumhare andar uthti hai. Woh sukoon jo tum uss process mein dhoond rahe the, sirf ek illusion tha.

Aur kyunki tum usi illusion mein hamesha rehna chahte ho, phir wahi cycle chalu ho jaati hai—Guilt. Pachtaava. Khud se nafrat.

Aur agle din phir se wahi purana loop...  
Lekin kabhi socha hai, yeh sab ho kyun raha hai?

Suno...

Tumhare andar ek khaali jagah hai, jise tum temporary pleasure se bharne ki koshish kar rahe ho.

Tum ek aise sukoon ki talaash mein ho jo sirf asli connection, ek deeper purpose, aur ek behtareen zindagi jeene se milta hai. Lekin tumne is khaali jagah ko bharne ke liye galat

raasta chuna hai.

Tumhari addiction sirf ek aadat nahi hai, yeh tumhari life ke andar ek aur badi kami ka symptom hai.

Jaise agar tumhe chot lag jaye aur tum painkiller kha lo, to dard thodi der ke liye chala jata hai, lekin usse tumhari chot theek nahi hoti.

Aur jaise hi painkiller ka asar khatam hota hai, dard phir se hone lagta hai.

Tum dard ki wajah nahi dekh rahe, bas dard ko chupane mein lage ho.

Iss baar ko samajh lo ki tum sirf ek addiction se nahi lad rahe ho, tum ek loveless life se lad rahe ho.

Jo pyaar tumhe khud se karna chahiye, jo respect tumhe apne dimaag aur body ko deni chahiye, jo connection tumhe real duniya se banana chahiye—tum uska substitute dhoondh rahe ho ek screen ke peeche, ek illusionary world mein.

Lekin sach yeh hai—Fake pleasure kabhi bhi asli sukoon ka substitute nahi ho sakta.

Agar tum sach mein iss cycle se nikalna chahte ho, agar tum chahte ho ki tumhari life mein ek real beauty aaye, ek fire jale jo tumhe success ki taraf le jaaye, jo tumhe tumhari highest potential tak pahuchaye, to tumhe yeh samajhna hoga—Yeh sirf addiction ka sawaal nahi hai. Yeh sab isliye ho raha hai kyunki tum ek "Loveless Life" jee rahe ho.

Aur ab waqt aa gaya hai isse badalne ka.

Ab yeh tum par hai—Kya tum bas ek aur page palat ke bhool jaane wale ho?

Ya phir ek naya chapter shuru karne ke liye ready ho?

Yaad karo woh din jab tumne pehli baar yeh harkat ki thi... Shayad tum akele the, ya kisi dost ne tumhe iske baare mein bataya tha.

Shayad internet pe kisi link ne tumhe is duniya mein dhakel diya. Jo bhi hua, us pal ke baad tumhari zindagi pehle jaisi nahi rahi.

Teen ehsaas jo pehli baar mehsoos hue:

1. "Yeh maine kya kar diya?" – Ek ajeeb sa feeling, jaise koi naya raasta khul gaya ho.
2. "Jo bhi kiya, maza aaya!" – Tumhare body ne ise ek naye pleasure ki tarah liya.
3. "Kya mujhe ise phir se karna chahiye?" – Kuch ghanton baad tumhara dimaag phir se isi sawal mein phasega.

Phir wahi cycle shuru ho gayi—pehle ajeeb laga, phir maza aaya, phir dimaag ne ise repeat karne ke liye uksaya.

Ab socho—ek time tha jab tumhe iske baare mein kuch bhi nahi pata tha.

Tab tumhe khushi chahiye hoti thi, toh tum bahar khelte the, daudte the, kuch naya seekhte the.

Lekin phir tumhare body ne ek naya shortcut dhoondh liya.

Ek "shortcut to happiness" jo easy tha, sasta tha, aur sabse important—isme koi mehnat nahi thi.

Ab tumhare dimaag ke liye happiness ka asli matlab badal chuka hai.

Cricket, doston ke saath time spend karna, mehnat, kitaabein, goals—sab kuch pheeka pad gaya.

Kyun? Kyunki tumhara dimaag dopamine addiction mein phase chuka hai. Tumhe ek nayi cheez pata chali aur tum usme doobte chale gaye.

Tumhe dopamine mila, tumhe achanak se ek naya maza mila, aur tumhara dimaag bas aur zyada maangta gaya. Tumhara dimaag ek powerful machine hai.

Woh har din tumhari aadatein banata aur bigadta rehta hai. Jab tumne pehli baar is cheez ko kiya, tumhare dimaag ne ise "khushi ka naya tareeka" maan liya.

Jaise hi tumne ise repeat kiya, tumhare neurons (brain cells) ne ise 'default behavior' banana shuru kar diya.

Ab tumhara dimaag har baar jab bhi thoda stress, anxiety, ya boredom feel karta hai, toh woh is "short-term pleasure" ki taraf bhaagta hai.

Yahi hota hai Neuroplasticity – dimaag jis cheez ko baar-baar repeat karta hai, wahi uski nayi reality ban jaati hai.

Ab tumhara dimaag sochta hai:

"Khush hona hai? Toh yahi karo."

"Thoda akelapan mehsoos ho raha hai? Chalo ise kar lete hain."

"Koi kaam karne ka mann nahi hai? Chalo 10 minute yahi kar lete hain."

Dheere-dheere, baaki sab cheezein—khelna, doston ke saath time spend karna, mehnat karna—sab background mein chale jaate hain.

Ab tumhari khushi ka sirf ek hi zariya bacha hai – masturbation aur instant gratification.

Lekin yahi sabse dangerous trap hai.

Kyuki jab dimaag baar-baar isi raaste ko choose karta hai, toh asli zindagi ki khushi matlabhi lagne lagti hai.

Tumhara dimaag ab chhoti-chhoti dopamine hits ka aadhi ho chuka hai aur kisi bhi badi achievement ke liye mehnat karne ki ichchashakti khatam ho jaati hai.

Tumhara dimaag bas "khushi ka bhooka" hai, mehnat nahi karna chahta.

Ye evolutionary design ki wajah se shortcuts lena ka aadhi hai. Evolution ne tumhara dimaag kaise design kiya hai?

Hazaron saal pehle jab hamare purvaj junglon mein rehte the, tab unka dimaag is tarah evolve hua tha ki kam se kam mehnat mein zyada se zyada inaam mil sake.

Us time khana, paani, aur suraksha paana mushkil tha, isliye dimaag aise program ho gaya ki "minimum effort, maximum reward" ko priority de.

Aaj bhi tumhara dimaag wahi pattern follow karta hai:

- Mehnat karke strong body banana mushkil hai, lekin ek click mein dopamine hit milna easy hai.
- Padhai aur career mein success paane mein saalon lagte hain, lekin instant pleasure sirf kuch seconds mein mil jata hai.

Isi wajah se tumhara dimaag masturbation, junk food, social media, aur video games jaise instant gratification wale options ki taraf bhaagta hai.

Kyuki yeh sabse easy raasta hai, sabse fast khushi deta hai, aur isme koi mehnat nahi lagti.

Tumhara dimaag energy bachane ke liye design hua hai.

- Jab tum kuch naya seekhte ho, mehnat karte ho, ya koi difficult kaam karte ho, toh tumhare dimaag ko zyada energy lagti hai.
- Jab tum masturbation, social media, ya binge-watching karte ho, toh tumhare dimaag ko sirf passive reward milta hai, jo bina mehnat ke mil jata hai.

Yahi reason hai ki jab tum koi important kaam karne baithte ho, toh bore lagta hai, lekin jab tum porn dekhte ho ya game khelte ho, toh excitement feel hoti hai. Kyuki tumhara dimaag default mode mein energy bachane ki koshish karta hai aur wo hamesha kam mehnat mein zyada maza chahta hai.

Lekin ye toh sirf ek pehlu hai...

Tum is taraf girte chale gaye, lekin kya tumne kabhi socha ki tumhe kisi ne roka kyun nahi? Kya koi aisa sahara tha jise pakad ke tum is daldal se bahar aa sakte the?



Nahi tha.

Tumhare paas koi rassi nahi thi jisse tum khud ko bacha sakte. Koi aisi cheez nahi thi jisse tum sachcha lagav mehsoos kar sako, jo tumse yeh kahe:

"Bhai, agar tujhe mujhse sachcha pyaar hai, toh waha kyun ja raha hai? Us daldal mein kyun doob raha hai?"

Tumhare paas koi asli pyaar nahi tha—koi aisi cheez jiske liye tum lad sako, jiske liye tum apne aapko is addiction se bahar nikal sako.

Aur isi cheez ko main "pyaar" kehta hoon. Tumhari asli samasya addiction nahi hai—tumhari asli samasya lovelessness hai. Ab tak tumhe yehi lagta hoga ki tumhari sabse badi ladai masturbation se bahar nikalne ki hai.

Lovelessness ka matlab kya hai? Iska matlab sirf ye nahi hai ki tumhari zindagi mein koi ladki nahi hai. Iska matlab ye bhi nahi hai ki tumhare paas koi insaan nahi hai jisse tum romantically judh sako. Iska asli matlab ye hai ki tum apni khud ki zindagi se pyaar nahi karte.

Tumhari zindagi mein kuch bhi aisa nahi bacha jisse tum itna pyaar kar sako ki uske liye sab kuch daav par lagane ko tayyar ho jao. Tumhari zindagi mein kuch bhi aisa nahi bacha jiske liye tum din-raat mehnat karo, struggle karo, khud ko behtar banao. Jab tumhare paas koi sachcha pyaar nahi hota... Agar kabhi kuch cheezein thi bhi, jinse tum sachcha pyaar kar sakte the—jaise koi sapna, koi goal, koi passion—

Toh tumne unhe choose karne ke bajaye is short-term pleasure ko choose kiya.

Aur aaj tum usi ki saza bhugat rahe ho.

# Chapter 2

## Are You Really Living or Just Escaping Into a Fake World?

Zara apne poore din par nazar daalo. Tum poora din kya karte ho? Kya tum sach mein apni zindagi jee rahe ho ya bas usse bhaag rahe ho?

Tum har roz masturbation karte ho, bevajah reels scroll karte ho, junk food khate ho aur isi tarah apni zindagi se bhaagte ho. Lekin kabhi socha hai ki humein kin cheezon se bhaag rahe ho? Tumne apni zindagi ko is tarah se rewire kar liya hai ki ab tumhara ekmatrasukra jaldi se jaldi, zyada se zyada maza lena reh gaya hai.

Is haalat mein tum itra se bhaag chuke ho ki apni zindagi ki sacchai tak nahi dekh sakte.

Lekin sacch to yeh hai ki tum bhaagte kitni bhi gehri ho, hosh mein to aana hi padega.

Kitna hi masturbation karte loge? Kitna hi junk food kha loge? Ek na ek din tumhe isse bahar nikalna hi padega. Kabhi na kabhi tumhe tumhare poore aulad mein kitna dukh ehsaas hoga ki "Main apni zindagi ke saath kya kar raha hoon." Aur jab hosh aayega, tab sacchar tumhari aankhon ke saamne saaf-saf dikhai dega ki **If you really want to quit porn and masturbation addiction. Then you can purchase the full ebook.**

Tab tumhe ehsaas hoga ki tumhari zindagi mein kitna dukh hai, kitni takleefein hain.

Tum na aarthik roop se stable ho, na sharirik roop se aur na hi maansik roop se. Tumhari zindagi boredom se bhari