

TAKE BACK CONTROL. REBUILD YOUR MIND.
BECOME THE MAN YOU'RE MEANT TO BE.

The **BreakPoint** Method™

THE 30-DAY BLUEPRINT

FOR BREAKING FREE FROM
PORN & MASTURBATION.

EVEN IF YOU'VE TRIED AND FAILED BEFORE.



BREAK THE CYCLE.
RECLAIM YOUR LIFE.
BECOME UNSTOPPABLE.

PASCHAL ADEYEMI

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BONUS #1

Emergency Urge Survival Guide **Subtitle**

What to Do in the First Five Minutes Before an Urge Turns Into a Relapse

Introduction

Urges are normal.

They don't mean you've failed.

They don't mean you're weak.

They simply mean your brain is asking for a habit it's become used to.

The good news?

An urge is temporary.

If you know what to do in the first few minutes, you can stop most relapses before they even begin.

That's why I created this guide.

Whenever temptation hits, don't panic.

Open this guide and follow the steps.

Remember...

You don't have to win the whole day.

You only have to win the next five minutes.

The Five-Minute Escape Window™

The moment you notice an urge...

Don't think.

Don't negotiate.

Act immediately.

Minute 1 — Break the Pattern

The first minute is the most important.

As soon as you notice the urge:

✓ Stand up.

✓ Put your phone face down.

✓ Say out loud:

"This urge will pass. I don't have to obey it."

Your goal isn't to make the urge disappear.

Your goal is to interrupt the automatic habit.

Minute 2 — Move

Movement changes your mental state.

Choose ONE:

- Walk outside
- Do 20 push-ups
- Stretch
- Wash your face
- Drink a full glass of water
- Climb the stairs

- Dance to one upbeat song

Never stay where the temptation started.

Minute 3 — Distract Your Brain

Now give your brain another task.

Examples:

- Read five pages of a book.
- Solve a puzzle.
- Organize your desk.
- Reply to important messages.
- Write tomorrow's goals.
- Listen to a motivational podcast.

The goal is simple:

Shift your attention.

Minute 4 — Remember Your Why

Ask yourself these questions:

Why did I start this journey?

How will I feel after a relapse?

How will I feel if I overcome this urge?

Is five minutes of pleasure worth losing my peace?

Read your goals.

Read your commitment.

Remember the man you're becoming.

Minute 5 — Make the Winning Decision

Tell yourself:

"I choose freedom."

Then continue your day.

Don't keep thinking about the urge.

Don't check if it's still there.

Move on.

The more attention you give it...

The stronger it becomes.

15 Urge-Killing Techniques

Whenever temptation appears, pick ONE.

1. Drink two glasses of cold water.
2. Walk outside for 10 minutes.
3. Do 25 push-ups.
4. Take a cold shower.
5. Read one chapter of a book.
6. Call a trusted friend.
7. Pray or meditate for five minutes.

8. Clean your room.
9. Write down three goals you're working toward.
10. Listen to uplifting music.
11. Leave your bedroom immediately.
12. Turn your phone off for 30 minutes.
13. Watch an educational video instead.
14. Go somewhere people are present.

Isolation feeds temptation.

15. Work on a skill for 20 minutes.

Productivity weakens unhealthy habits.

Night-Time Temptation Plan

Most relapses happen late at night.

When you're tired...

Your self-control becomes weaker.

Here's your night plan.

Before Bed

- ✓ Charge your phone away from your bed.
- ✓ Turn off Wi-Fi if possible.
- ✓ Read instead of scrolling.

✓ Sleep before midnight.

✓ Pray or reflect.

If an Urge Comes

Stand up immediately.

Turn on the lights.

Leave your bedroom.

Drink water.

Walk around for five minutes.

Do not return to bed until you're calm.

Home-Alone Action Plan

Being home alone doesn't have to lead to relapse.

Prepare before temptation comes.

Create an Emergency List

When you're alone:

- Cook a meal.
- Go for a walk.
- Visit a café.
- Exercise.
- Read.
- Learn a new skill.
- Wash your clothes.

- Call a family member.
- Organize your room.
- Work on your goals.

Never ask,

"What should I do now?"

Already know the answer.

Emergency Action Checklist

When temptation appears...

- ☐ Stand up immediately.
- ☐ Put your phone away.
- ☐ Leave the room.
- ☐ Drink water.
- ☐ Do one physical activity.
- ☐ Read your goals.
- ☐ Use one urge-killing technique.
- ☐ Stay away from social media for 30 minutes.
- ☐ Reward yourself for overcoming the urge.

Keep This Promise

There will be urges.

There may even be difficult days.

But remember...

An urge is not an order.

It's simply a feeling.

And feelings always pass.

Every time you choose not to give in, you strengthen your discipline.

Every small victory builds a stronger version of you.

One urge.

One decision.

One day at a time.

That's how lasting freedom is built.

Bonus #2

Trigger Elimination Workbook Introduction

Before you can break a habit, you need to know what causes it.

Most relapses start with a trigger.

This workbook will help you identify your triggers and create a simple plan to avoid them.

Be honest with yourself. There are no right or wrong answers.

1. Trigger Assessment

Tick the ones that usually lead to temptation.

Emotions

- ☐ Stress
- ☐ Boredom
- ☐ Loneliness
- ☐ Anxiety
- ☐ Anger
- ☐ Tiredness

Places

- ☐ Bedroom
- ☐ Bathroom

- ☐ Home alone
- ☐ Late at night
- ☐ Other: _____

Digital Triggers

- ☐ Instagram
- ☐ TikTok
- ☐ X (Twitter)
- ☐ YouTube
- ☐ Telegram
- ☐ Other: _____

My Top 3 Triggers

1. _____
2. _____
3. _____

2. Trigger Mapping Worksheet

Complete this whenever you feel an urge.

Date: _____

Time: _____

Where was I?

How was I feeling?

What caused the urge?

Did I overcome it?

☐ Yes

☐ No

What will I do differently next time?

3. Digital Detox Planner

Tick the changes you'll make today.

- ☐ Delete triggering content
- ☐ Unfollow triggering accounts
- ☐ Turn on Safe Search
- ☐ Set screen time limits
- ☐ Charge phone outside the bedroom
- ☐ Remove unnecessary apps
- ☐ Stay off social media before bed

4. Environment Reset Checklist

Create an environment that supports your goals.

- ☐ Keep my room tidy
- ☐ Exercise daily
- ☐ Read before bed
- ☐ Avoid staying up late
- ☐ Spend less time alone
- ☐ Keep my goals where I can see them

5. Relapse Reflection

If you relapse, don't give up. Learn from it.

What happened?

What triggered me?

What lesson did I learn?

What will I do differently next time?

My Commitment

I choose progress over perfection.

I will learn from my mistakes.

I will use **The BreakPoint Method™** every day.

Name: _____

Date: _____

BONUS #3

50 Bible Verses & Prayers for Breaking Addiction

Find Strength, Hope, and Freedom Through God's Word

Introduction

Breaking free from addiction isn't just a physical battle—it can also be a spiritual one.

There will be days when you feel strong and days when you feel weak.

On those difficult days, God's Word can remind you that you are never alone.

This bonus is designed to give you daily encouragement, simple prayers, and Bible verses that strengthen your faith and remind you that freedom is possible.

"So if the Son sets you free, you will be free indeed." — John 8:36

Morning Declaration

Read this every morning.

Today, I choose purity over temptation.

God has given me the strength to overcome every urge.

I am not controlled by my past.

I am becoming stronger every day.

My mind is renewed.

My body belongs to God.

I walk in discipline, peace, and freedom.

In Jesus' name, Amen.

Evening Prayer

Heavenly Father,

Thank You for carrying me through today.

Forgive me where I fell short and strengthen me where I was weak.

Help me to guard my mind, control my thoughts, and rest peacefully tonight.

Give me the strength to choose You over temptation every day.

Thank You because Your grace is enough for me.

In Jesus' name,

Amen.

Scriptures About Self-Control

1. Galatians 5:22–23

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

2. 2 Timothy 1:7

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

3. Proverbs 25:28

"Like a city whose walls are broken through is a person who lacks self-control."

4. 1 Corinthians 10:13

"No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear."

5. Titus 2:11–12

"For the grace of God has appeared... teaching us to say 'No' to ungodliness."

6. James 4:7

"Submit yourselves, then, to God. Resist the devil, and he will flee from you."

7. Philippians 4:13

"I can do all things through Christ who strengthens me."

8. Romans 12:2

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

9. Psalm 119:11

"I have hidden Your word in my heart that I might not sin against You."

10. John 8:36

"So if the Son sets you free, you will be free indeed."

Daily Prayer for Strength

Lord,

I know I cannot overcome this battle by my own strength.

Please help me recognize temptation before it grows.

Give me wisdom to make the right decisions.

Fill my heart with Your peace and my mind with Your truth.

Help me become the person You created me to be.

Amen.

Prayer After a Relapse

Father,

I come before You with an honest heart.

Thank You that Your mercy is new every morning.

Forgive me for my mistakes.

Help me learn from this moment instead of giving up.

Remind me that my failure is not my identity.

Strengthen me to keep moving forward.

In Jesus' name,

Amen.

Prayer During Temptation

Lord Jesus,

Right now, I feel tempted.

Please calm my mind and strengthen my heart.

Help me remember my purpose.

Give me the courage to walk away from this temptation.

Let Your Holy Spirit guide my thoughts and actions.

Thank You for always being with me.

Amen.

Words of Hope

If you've relapsed before...

Don't quit.

If you've failed many times...

Don't quit.

If today feels difficult...

Don't quit.

God's grace is greater than your mistakes.

His mercy is new every morning.

Every day is another opportunity to begin again.

Keep trusting Him.

Keep applying **The BreakPoint Method™**.

Keep moving forward.

One day, you'll look back and realize that what once controlled you no longer has power over your life.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." — Psalm 34:18

Suggested Remaining Bible Verses (to reach 50)

To keep the guide concise while still offering "50 Bible Verses," you can list the remaining references for readers to look up during their personal study:

11. Romans 6:12–14
12. Hebrews 12:1–2
13. Ephesians 6:10–11
14. Colossians 3:2
15. Psalm 51:10
16. Isaiah 41:10
17. Joshua 1:9
18. Matthew 5:8
19. Psalm 46:1
20. Lamentations 3:22–23
21. 1 Peter 5:7
22. Psalm 23:1–6
23. Proverbs 3:5–6
24. Matthew 11:28–30
25. Isaiah 40:31
26. Psalm 37:5
27. Romans 8:1
28. Romans 8:37
29. 1 John 1:9
30. Psalm 121:1–2
31. Philippians 4:6–7
32. Colossians 3:23

33. Psalm 27:1
34. Ephesians 3:20
35. 1 Thessalonians 5:16–18
36. Hebrews 4:16
37. Psalm 91:1–2
38. Micah 7:8
39. Psalm 18:2
40. Isaiah 26:3
41. Romans 5:8
42. Psalm 40:1–3
43. 2 Corinthians 12:9
44. John 15:5
45. Deuteronomy 31:6
46. Psalm 19:14
47. Philippians 1:6
48. Jude 1:24
49. Psalm 143:8
50. Revelation 21:4