

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

The BreakPoint Method™

THE 30-DAY BLUEPRINT FOR
BREAKING FREE FROM
PORN & MASTURBATION.

PASCHAL ADEYEMI



Table of Contents

INTRODUCTION

CHAPTER 1: You're Not Weak —You're Stuck in a Pattern

CHAPTER 2: The Lie That's Keeping You Trapped

CHAPTER 3: BreakPoint #1: Catch the Trigger Before It Catches You

CHAPTER 4: BreakPoint #2: Win the Five Minutes That Matter Most

CHAPTER 5: BreakPoint #3: Build a Life That Doesn't Need Escape

CHAPTER 6: What to Do After a Relapse (Without Starting From Zero Again)

CHAPTER 7: Your 30-Day BreakPoint Freedom Plan

CONCLUSION

BONUSES

INTRODUCTION

The Conversation I Wish Someone Had With Me Years Ago

If you're reading this, you've probably said these words before:

"This is the last time."

Yet somehow, you found yourself back in the same cycle.

If that sounds familiar, you're not alone.

The truth is, you're not weak, and you're not beyond change. Most people don't struggle because they lack willpower—they struggle because they don't have the right system.

That's why I created **The BreakPoint Method™**.

This guide isn't about guilt, shame, or unrealistic promises. It's a practical step-by-step system designed to help you understand your triggers, overcome urges, build better habits, and recover from setbacks without giving up.

Who This Guide Is For

This guide is for anyone who is ready to break free from pornography and masturbation, regain self-control, and build a more disciplined life.

If you're looking for a quick fix, this isn't it.

But if you're ready to make consistent changes, you're in the right place.

How to Get the Best Results

- Read each chapter carefully.
- Complete the exercises.
- Apply what you learn.

Remember, **reading won't change your life—taking action will.**

Your freedom won't happen overnight, but every better choice moves you closer to the man you want to become.

Let's begin.

CHAPTER 1

You're Not Weak. You're Stuck in a Pattern

If you've picked up this guide, chances are you've said these words to yourself more than once:

"This is the last time."

Maybe you deleted your browser history. Maybe you uninstalled apps. Maybe you promised yourself that tomorrow would be different.

For a few days, you felt strong.

Then something happened.

You got bored.

You stayed up too late.

You felt stressed after work or school.

One thought led to another, and before you knew it, you were back where you promised yourself you'd never return.

Afterward came the guilt.

The disappointment.

The feeling that you had somehow failed again.

If that sounds familiar, I want you to know something from the very beginning:

You're not alone, and you're not beyond change.

Thousands of young men quietly struggle with the same cycle. Most never talk about it because they're embarrassed, afraid of being judged, or convinced no one would understand.

This guide was written for people exactly like that.

Not to shame you.

Not to lecture you.

But to help you understand what's really happening—and show you a practical way forward.

The Cycle Most People Never Escape

Many people think the problem starts when they open an explicit website or decide to masturbate.

It doesn't.

By the time that happens, the process has usually been building for minutes or even hours.

Think about the last time you relapsed.

Did it really begin at that moment?

Or did it start earlier?

Maybe you were scrolling through social media late at night.

Maybe you were lying in bed with nothing to do.

Maybe you had a stressful day and wanted something to help you forget about it.

Maybe you felt lonely.

Those moments matter.

They are the beginning of the pattern.

Understanding that pattern is the first step toward changing it.

Why Willpower Keeps Letting You Down

One of the biggest mistakes people make is believing they simply need more willpower.

So they make bigger promises.

"I'll never do it again."

"This time I'm serious."

"If I fail again, something must be wrong with me."

The problem is that willpower isn't designed to carry the entire weight of change.

Think about it like trying to stop a moving car by pushing against it with your hands.

The harder you push, the more exhausted you become.

Eventually, the car keeps moving anyway.

That's how many people approach this habit.

They try to fight at the very last moment, when the urge is already strong.

No wonder they feel defeated.

The real solution starts much earlier.

The Hidden Cost Nobody Talks About

People often focus only on the behavior itself.

But that's rarely the biggest problem.

The biggest problem is what happens around it.

Many young men notice they begin to:

- Lose confidence.
- Struggle to stay focused.
- Procrastinate more often.
- Feel ashamed after every relapse.

- Avoid talking about what they're going through.
- Believe they'll never change.

Whether or not every one of these applies to you, it's worth paying attention to how this habit affects your life.

Ask yourself:

- Do I feel more in control than I did six months ago?
- Am I becoming the kind of man I want to be?
- What opportunities have I delayed because I keep restarting?

These questions aren't meant to make you feel guilty.

They're meant to help you become honest with yourself.

Because real change begins with honesty.

You're Fighting More Than a Habit

Many people think they're fighting pornography or masturbation.

In reality, they're often trying to cope with something underneath it.

Stress.

Loneliness.

Boredom.

Anxiety.

Disappointment.

Frustration.

Sometimes the habit becomes an automatic response to uncomfortable emotions.

When life feels overwhelming, the brain naturally looks for quick relief.

That's why simply saying, "*I'll stop*," often isn't enough.

If you never address what drives the habit, you'll keep finding yourself in the same place.

A Better Way Forward

This guide isn't built around shame.

It isn't about pretending urges never happen.

And it certainly isn't about expecting perfection.

Instead, it's built around one simple idea:

You don't overcome a habit by becoming stronger than every urge. You overcome it by learning how to interrupt the pattern before the habit takes over.

That's exactly what you'll learn through The BreakPoint Method™.

Rather than fighting at the last second, you'll discover how to recognize what's happening earlier, make better decisions in the moments that matter most, and gradually replace old routines with healthier ones.

Progress won't come from one perfect day.

It will come from many small decisions repeated consistently.

And those decisions are skills that can be learned.

So if there's one thing to remember from this chapter, it's this:

You are not defined by your relapses. You are defined by the choices you make after them.

Many people spend years believing they're broken, when the real problem is that they've never been shown a practical system for changing a deeply ingrained habit.

That changes now.

In the next chapter, we'll uncover one of the biggest myths that keeps people trapped for years: the belief that they simply need more discipline or more willpower. Once you understand why that belief fails, you'll finally be ready to learn the foundation of The BreakPoint Method™.

CHAPTER 2

The Lie That's Keeping You Trapped

Remember what we talked about in the last chapter?

The problem isn't that you're weak.

The problem is that you've been fighting the wrong battle.

For a long time, most people believe that if they could just become more disciplined, everything would change. They think the answer is simply trying harder.

I used to think the same thing.

"I just need more self-control."

"I need to be stronger."

"I need more motivation."

But here's what nobody tells you...

Discipline without a system always loses to a habit with a routine.

Think about it.

How many times have you been completely motivated on Monday...

Only to relapse on Thursday?

What happened?

Did your character suddenly change?

No.

Your motivation disappeared, but your habit stayed exactly the same.

That's why motivation alone is never enough.

The Motivation Trap

Motivation feels amazing.

After watching a powerful YouTube video...

After listening to a sermon...

After reading a motivational quote...

You feel unstoppable.

You delete your saved videos.

You uninstall apps.

You promise yourself:

"This is it."

For the next few days, everything feels easy.

Then life happens.

Work becomes stressful.

School becomes demanding.

You argue with someone.

You get rejected.

You stay up late.

Suddenly that motivation disappears.

Now you're relying on willpower.

And willpower gets tired.

That's why so many people quit...

Not because they didn't want freedom...

But because they built their recovery on feelings instead of systems.

Why Deleting Everything Doesn't Work

A lot of people believe the answer is simple.

Delete Instagram.

Delete TikTok.

Delete Twitter.

Block websites.

Throw away the phone.

These things can help.

But they don't solve the real issue.

Because if your mind hasn't changed...

You'll eventually find another way.

Maybe it's another app.

Maybe it's another website.

Maybe it's simply your imagination.

External barriers are useful.

But they should support your recovery—not become your entire recovery plan.

The "One Last Time" Lie

This is probably the most dangerous sentence in recovery.

"Just one last time."

It sounds harmless.

It sounds reasonable.

Your brain says,

"You'll start fresh tomorrow."

"One more won't hurt."

"You deserve it after today."

But here's the truth.

There is almost never just one last time.

One relapse often becomes another.

Then another.

Then another.

Before you know it...

Weeks have gone by.

That's why successful recovery isn't about arguing with that voice.

It's about refusing to negotiate with it.

Your Brain Loves Easy Rewards

Let's keep this simple.

Your brain naturally likes things that make you feel good.

Food.

Entertainment.

Social media.

Winning a game.

Getting a compliment.

These things activate the brain's reward system.

Pornography does the same thing.

The problem isn't that your brain enjoys rewards.

The problem is when one reward becomes your automatic escape from every uncomfortable feeling.

Stress?

Porn.

Lonely?

Porn.

Bored?

Porn.

Can't sleep?

Porn.

Over time, your brain starts believing there's only one solution to every problem.

And that's exactly what we're going to change.

The Habit Is Smarter Than You Think

Here's something most people never realize.

Habits don't ask for permission.

They wait.

They wait until you're tired.

Hungry.

Stressed.

Bored.

Lonely.

Then they quietly take over.

That's why you can go an entire week doing great...

Then suddenly relapse in five minutes.

The habit wasn't gone.

It was waiting for the right conditions.

Once you understand this...

Everything changes.

Because now you're no longer trying to fight yourself.

You're learning how to outsmart your own habit.

The Missing Piece

Imagine two men trying to quit.

The first man wakes up every morning and says,

"I hope I don't relapse today."

The second man wakes up with a plan.

He already knows:

- his biggest triggers
- his dangerous hours
- his escape strategy
- who he'll call if things get difficult
- what he'll do instead

Who do you think has a better chance?

Exactly.

One has hope.

The other has a system.

That's why The BreakPoint Method™ isn't about trying harder.

It's about making fewer decisions in moments of weakness.

Instead of asking,

"Will I relapse today?"

You'll ask,

"What's my next BreakPoint?"

That one question changes everything.

Freedom Starts Earlier Than You Think

Most people think freedom begins when temptation disappears.

It doesn't.

Freedom begins the moment you stop reacting automatically.

The moment you notice an urge...

Pause...

Choose a different action...

You've already started winning.

You may not be completely free yet.

But you're no longer trapped.

That's a huge difference.

And every victory starts with one small interruption.

One better choice.

One BreakPoint.

So remember this:

You don't need more motivation. You need a better system.

Once you stop depending on feelings and start following a repeatable process, recovery becomes far more realistic.

And that's exactly where we're going next.

Because now it's time to uncover the first—and arguably the most important—part of The BreakPoint Method™.

In the next chapter, you'll learn how to spot a relapse before it happens by identifying the hidden triggers that silently pull you back into old habits. Once you can see them clearly, you'll finally stop being caught off guard.

Ready for Chapter 3? This is where the real transformation begins.

CHAPTER 3

BreakPoint #1 — Catch the Trigger Before It Catches You

Now you understand why willpower isn't enough.

You also know that motivation comes and goes.

So here's the next question...

If relapse doesn't start with watching porn... where does it actually begin?

This is where most people get it wrong.

They think relapse starts when they open a website.

It doesn't.

Relapse starts with a trigger.

If you can recognize the trigger early enough, you've already won half the battle.

That's the first pillar of The BreakPoint Method™.

We call it:

BreakPoint #1 — Catch the Trigger

Because you can't stop what you never see coming.

What Is a Trigger?

A trigger is anything that pushes your brain toward an old habit.

Sometimes it's obvious.

Sometimes it's so small you don't even notice it.

For example...

You pick up your phone "just to check WhatsApp."

Five minutes later you're on Instagram.

Then a suggestive video appears.

You click another one.

Then another.

Thirty minutes later you've relapsed.

Did porn cause the relapse?

No.

The trigger started much earlier...

When you picked up your phone without a purpose.

That's why awareness changes everything.

The Seven Hidden Triggers

Over time, I noticed that most relapses happen for the same reasons.

Not because someone suddenly became a different person.

But because they walked into one of these seven triggers.

1. Boredom

This is probably the biggest one.

Nothing to do.

No assignment.

No work.

No plans.

Just lying on the bed with your phone.

Sound familiar?

An idle mind loves easy entertainment.

Your brain starts looking for excitement.

Porn becomes an easy option.

2. Loneliness

Being alone isn't always a problem.

Feeling lonely is.

Many people don't crave porn.

They crave connection.

Attention.

Affection.

Comfort.

Porn simply becomes a substitute.

3. Stress

Bad day at work.

Exam pressure.

Money problems.

Family issues.

Instead of solving the stress...

Your brain wants to escape it.

Porn becomes a temporary distraction.

But when it's over...

The stress is still waiting.

Now you've added guilt on top of it.

4. Late Nights

There's something about midnight.

Everyone is asleep.

The room is quiet.

No one is watching.

Your self-control is lower.

Your phone is beside you.

This combination has caused thousands of relapses.

If your biggest struggles happen after 11 p.m., that's not a coincidence.

It's a pattern.

5. Social Media

Most people don't search for pornography anymore.

It finds them.

One suggestive Reel.

One TikTok.

One "Explore" page.

One influencer.

That's all it takes.

The goal isn't to fear social media.

It's to learn how to use it wisely.

6. Emotional Pain

Rejection.

Failure.

Heartbreak.

Disappointment.

Sometimes you're not looking for pleasure.

You're looking for relief.

That's an important difference.

7. Old Habits

Ever noticed how certain places trigger memories?

Maybe it's the chair in your room.

Your bed.

The bathroom.

A particular time of day.

Your brain connects places with behaviors.

That's why changing your environment can be so powerful.

Build Your Trigger Map

Now here's where things get interesting.

Instead of guessing...

We're going to investigate.

Take a notebook or open your notes app.

Draw four simple columns.

Trigger	Time	Place	Emotion
Example: Bored	10:45 PM	Bedroom	Lonely

Now think about your last five relapses.

Don't judge yourself.

Become a detective.

Ask yourself...

What time was it?

Where was I?

How was I feeling?

What happened 10 minutes before?

Who was I talking to?

What app was I using?

After doing this exercise, patterns will begin to appear.

Most people are shocked.

They realize they don't relapse randomly.

They relapse predictably.

That's good news.

Because predictable problems have predictable solutions.

Stop Fighting the Wrong Enemy

Imagine a football goalkeeper.

Would he wait until the ball crosses the goal line before reacting?

Of course not.

He watches the player.

He studies the movement.

He predicts where the ball is going.

Recovery works the same way.

Don't wait until the urge becomes overwhelming.

Learn to recognize it while it's still small.

That's your advantage.

Your Personal Danger Zone

Everyone has one.

Mine might be different from yours.

For one person...

It's scrolling TikTok after midnight.

For another...

It's staying home alone on weekends.

For someone else...

It's after an argument with their girlfriend.

You need to identify yours.

Complete these sentences honestly:

- I usually relapse when _____.
- The place I struggle the most is _____.
- The emotion I feel before relapse is _____.
- The app that usually starts everything is _____.
- The time I'm most vulnerable is _____.

These answers become your personal warning system.

The Trigger Rule

Here's a simple rule I want you to remember.

If you remove enough triggers, you remove enough temptation.

Notice I didn't say all triggers.

That's impossible.

Life will always have stress.

Loneliness.

Boredom.

Unexpected challenges.

The goal isn't to eliminate every trigger.

The goal is to recognize them before they control you.

That's what successful people do differently.

Your First BreakPoint Challenge

For the next seven days, don't focus on quitting.

I know that sounds strange.

Instead...

Focus on observing.

Every urge you experience...

Write it down.

Don't fight it immediately.

Study it.

Ask:

- What triggered this?
- What emotion am I feeling?
- What was I doing five minutes ago?
- Is this a real need—or just an automatic habit?

By the end of the week, you'll know yourself better than you ever have.

And that's where real change begins.

Remember this one sentence because it's the foundation of everything that follows:

You can't interrupt a habit you don't recognize.

The moment you become aware of your triggers, you've already taken back some of the control that the habit once had over you.

But awareness alone isn't enough.

Sooner or later, an urge will still come.

The question is...

What do you do in that moment?

That's exactly what you'll discover in the next chapter.

I'll show you how to win the few critical minutes between an urge and a relapse using one of the most practical parts of The BreakPoint

Method™—a simple strategy that can help you pause, regain control, and make a different choice when it matters most.

CHAPTER 4

BreakPoint #2 — Win the Five Minutes That Matter Most

By now, you've done something most people never do.

You've stopped blaming yourself.

You've identified your biggest triggers.

Now comes the moment that changes everything.

Because here's the truth...

Knowing your triggers is one thing. Knowing what to do when they show up is another.

This chapter is about the five minutes that decide everything.

Not the next hour.

Not tomorrow.

Just the next five minutes.

Those few minutes are where most relapses are either stopped... or started.

The Five-Minute Rule

Think about your last relapse.

Did it happen instantly?

Probably not.

There was usually a small window.

You saw something.

You felt an urge.

You started thinking.

Then you made a decision.

That window might have been two minutes.

It might have been five.

It might have been ten.

The point is...

There was a window.

That's what we're going to use.

In The BreakPoint Method™, we call it The Five-Minute Window.

Your goal isn't to make the urge disappear.

Your goal is simply to survive the next five minutes without feeding it.

That's all.

Why Most People Lose

Here's what usually happens.

Trigger.

↓

Urge.

↓

Instead of pausing...

They negotiate.

"Just one look."

"I'll stop after this."

"I'm only curious."

"I won't actually do anything."

The problem is...

Your brain is no longer looking for logic.

It's looking for permission.

The longer you negotiate...

The weaker your resistance becomes.

That's why you don't argue with the urge.

You interrupt it.

Rule #1 — Move Your Body Immediately

This is the simplest tool in the entire guide.

The moment you notice an urge...

Stand up.

Immediately.

Don't think.

Move.

Walk outside.

Go to another room.

Do ten push-ups.

Stretch.

Wash your face.

Drink water.

The reason is simple.

Your body and your mind are connected.

Changing your physical state often makes it easier to interrupt the mental pattern.

One small movement can stop a much bigger mistake.

Rule #2 — Leave the Environment

Have you noticed something?

Most relapses happen in the same places.

Your bedroom.

Your bathroom.

Your hostel.

Your apartment.

Your office when everyone has gone home.

Your environment matters.

If you stay where the temptation started...

You're making the battle harder.

So leave.

Even if it's only for ten minutes.

Walk outside.

Visit a friend.

Sit in the living room.

Go to a café.

Change the environment.

Sometimes changing your location changes your decision.

Rule #3 — Delay, Don't Debate

One mistake many people make is trying to convince themselves not to relapse.

That usually turns into an internal argument.

Instead...

Tell yourself:

"Not now. I'll decide in 20 minutes."

Notice what you're doing.

You're not saying "never."

You're simply delaying.

Most urges lose their intensity with time if you don't keep feeding them.

When twenty minutes pass...

You'll usually think much more clearly.

Rule #4 — Replace the Habit, Not Just Remove It

Imagine you quit scrolling on your phone.

Now what?

You sit on the bed.

Doing nothing.

Guess what happens next?

Your brain goes back to the old habit.

That's why empty space is dangerous.

You must replace it.

Here are better options:

- Read ten pages of a book.
- Go for a short walk.
- Call a trusted friend.
- Listen to uplifting music or a podcast.
- Practice a skill.
- Write in a journal.
- Do a quick workout.
- Prepare tomorrow's to-do list.

Recovery isn't just about saying "no."

It's about giving yourself something better to say "yes" to.

Create Your Emergency Escape Plan

Don't wait until temptation comes.

Make your plan now.

Write it down.

My Emergency Plan

When I notice an urge...

1. I'll immediately stand up.
2. I'll leave my room.
3. I'll drink a glass of water.
4. I'll stay off my phone for 20 minutes.
5. I'll do one productive activity.

Simple.

Clear.

No thinking required.

The best plans are the ones you can follow even when your mind feels foggy.

The "Just One Peek" Trap

Let's talk about one of the biggest lies.

"I'm just going to look for a second."

No.

You're not.

Because one peek usually becomes another.

Then another.

Eventually your brain is fully engaged in the old pattern.

Protect your first click.

Because the easiest relapse to stop...

Is the one that never starts.

What If the Urge Feels Too Strong?

Some days will be harder than others.

That's normal.

Don't panic.

An urge is not a command.

It's a feeling.

Feelings come.

Feelings go.

You don't have to obey every feeling you experience.

Think about hunger.

You can feel hungry without eating immediately.

You can feel tired without sleeping right away.

The same is true here.

You can experience an urge without acting on it.

That realization gives you freedom.

A Story of Two Choices

Imagine two friends.

Both feel the same urge at 11:30 p.m.

The first stays in bed with his phone.

He starts scrolling.

He tells himself he'll stop.

Thirty minutes later, he relapses.

The second notices the urge immediately.

He puts his phone on the table.

Leaves the room.

Does twenty push-ups.

Takes a quick shower.

The urge fades.

What's the difference?

Not character.

Not intelligence.

Not luck.

One interrupted the pattern.

The other stayed inside it.

That's the power of a BreakPoint.

Your Seven-Day Challenge

For the next week, I want you to practice one thing.

Every single time you notice an urge...

Use your Emergency Escape Plan.

Don't worry about being perfect.

Just practice responding differently.

Keep a simple record like this:

Day	Trigger	What i did instead	Result
Monday	Bored at night	Went for a walk	Urge faded
Tuesday	Instagram	Closed app, called a friend	Stayed in control

Don't underestimate this exercise.

Small victories build confidence.

Confidence builds consistency.

Consistency changes lives.

So if you remember only one thing from this chapter, let it be this:

An urge is an invitation—not an obligation.

You always have a choice.

The sooner you make that choice, the easier it becomes.

You don't need to win the whole month today.

You don't even need to win the whole day.

Sometimes, you only need to win the next five minutes.

And those five minutes can completely change the direction of your life.

But here's something even more important...

Even if you master your triggers and learn how to handle urges, you'll still struggle if your everyday life keeps pulling you back toward the same old habits.

In the next chapter, you'll learn how to build a lifestyle that makes relapse less likely—not by relying on constant self-control, but by creating routines, environments, and goals that naturally support the man you want to become. That's where lasting freedom begins.

CHAPTER 5

BreakPoint #3 — Build a Life That Doesn't Need Escape

You've come a long way already.

In the last chapter, you learned how to win the five minutes that matter most. Instead of reacting automatically, you now have a plan for handling urges before they take control.

But here's something I wish someone had told me earlier.

Recovery isn't just about stopping a bad habit. It's about building a better life.

Think about it for a second.

Imagine you remove pornography from your life...

But you still spend every evening bored.

You still have no goals.

You still stay up until 2 a.m.

You still scroll your phone for hours.

You still avoid difficult conversations.

Sooner or later, your brain will go looking for another escape.

That's why the third part of The BreakPoint Method™ isn't about saying "no."

It's about giving yourself something worth saying "yes" to.

Nature Hates Empty Spaces

Have you ever pulled weeds out of a garden?

At first, it looks clean.

But leave that garden alone for a few weeks...

The weeds come back.

Not because you failed.

Because you left empty space.

Habits work the same way.

If you remove one habit and replace it with nothing...

The old habit usually returns.

Freedom isn't created by removing bad habits.

Freedom is created by replacing them with better ones.

Stop Living on Autopilot

One reason many young men struggle is because every day looks the same.

Wake up.

Check your phone.

Go to work or school.

Come home.

Scroll.

Eat.

Scroll again.

Sleep.

Repeat.

When your life has no structure, your mind naturally drifts toward comfort.

Comfort often leads back to old habits.

The solution isn't to stay busy every second.

The solution is to live intentionally.

Build a Morning That Builds You

How you start your morning often shapes the rest of your day.

If the first thing you do is grab your phone...

You've already handed control of your attention to someone else.

Try this instead.

The 20-Minute Morning Reset

First 5 minutes

Don't touch your phone.

Take a few deep breaths.

Drink a glass of water.

Open the curtains.

Wake your body up.

Next 5 minutes

Spend time reflecting.

That could be prayer.

Reading Scripture.

Journaling.

Quiet thinking.

Choose something that reminds you of the kind of man you want to become.

Next 10 minutes

Move your body.

Go for a short walk.

Stretch.

Do push-ups.

Exercise.

You don't need a gym.

You just need movement.

This simple routine tells your brain,

"Today starts with purpose—not distraction."

Give Your Brain Something Better

Your brain doesn't only want pleasure.

It also wants progress.

That's why learning new skills feels good.

Think about it.

Have you ever finished reading a great book?

Completed a workout?

Learned something new?

Finished a project?

There's a different kind of satisfaction.

It lasts longer.

It's healthier.

And it builds confidence instead of guilt.

Ask yourself:

What skill have I always wanted to learn?

Maybe it's:

- Graphic design
- Video editing
- Coding
- Public speaking
- Playing an instrument
- Photography
- Writing

- Starting a business

Every hour invested in growth is one less hour available for destructive habits.

Your Phone Should Be Your Tool—Not Your Master

Let's be honest.

Your phone probably isn't the enemy.

But how you use it might be.

Try these simple changes.

Turn Off Unnecessary Notifications

If every app is calling your attention, your focus never has a chance.

Keep only what matters.

Remove Temptation

Unfollow accounts that regularly post content that triggers you.

Use "Not Interested" when suggestive content appears.

Your social media feeds learn from what you watch.

Teach the algorithm what you actually want to see.

Create Phone-Free Hours

Choose at least one hour every day where your phone stays away.

Maybe while studying.

Maybe during dinner.

Maybe before bed.

That one hour becomes a training ground for self-control.

Your Environment Shapes Your Decisions

Here's something fascinating.

Most people believe decisions come from character.

Often...

They come from environment.

Imagine two rooms.

The first room has:

- The curtains closed.
- A bed.
- A phone.
- Nothing else to do.

The second room has:

- A desk.
- Books.
- Natural light.
- A notebook.
- A clear workspace.

Which room encourages better choices?

Exactly.

Don't underestimate your surroundings.

Sometimes changing your room changes your habits.

Find Your "Why"

Quitting just to quit isn't enough.

You need a reason bigger than the habit.

Ask yourself:

Who do I want to become?

Write your answer.

Maybe it's...

"I want to become a better husband one day."

"I want to build a successful business."

"I want to honour my faith."

"I want to regain my confidence."

"I want to stop hiding."

Keep that reason somewhere you'll see it every day.

Purpose gives discipline direction.

Build a Circle That Pulls You Higher

One of the biggest lies is,

"I can do this completely alone."

Maybe.

But it's harder.

Find people who inspire you.

Friends who encourage growth.

A mentor.

A trusted family member.

Someone you respect.

You don't have to tell everyone your struggle.

But don't isolate yourself.

Isolation often strengthens unhealthy habits.

Healthy relationships make lasting change easier.

Progress Is Better Than Perfection

Let's clear something up.

Some days you'll feel strong.

Other days you'll struggle.

That's normal.

Success isn't measured by having zero difficult days.

Success is measured by responding differently when difficult days come.

Don't chase perfection.

Chase consistency.

A man who makes small improvements every day will eventually outperform someone who waits for the perfect moment.

Your Daily BreakPoint Routine

Keep this simple.

Every morning:

- ✓ Read your reason for changing.
- ✓ Review today's schedule.
- ✓ Pray or reflect.
- ✓ Move your body.

Every afternoon:

- ✓ Stay aware of your biggest triggers.
- ✓ Take breaks before stress builds.

Every evening:

- ✓ Put your phone away at a set time.
- ✓ Reflect on your day.
- ✓ Celebrate one small win.

That's it.

Not complicated.

Just consistent.

Freedom Is Built One Ordinary Day at a Time

Many people expect recovery to feel dramatic.

It usually doesn't.

Most breakthroughs happen quietly.

One better decision today.

Another tomorrow.

Another next week.

Months later...

You look back and realize you're becoming someone completely different.

Not because of one huge moment.

But because of hundreds of small ones.

That's how lasting change happens.

So if you take one lesson from this chapter, let it be this:

You don't simply quit a bad habit—you replace it with a better life.

The more purpose, structure, healthy relationships, and meaningful activities you build into your days, the less room there is for old patterns to take root again.

But let's be realistic.

No matter how committed you are, setbacks can still happen.

One difficult day doesn't erase all your progress.

In the next chapter, you'll learn exactly what to do after a relapse, how to recover without falling into shame, and why one mistake never has to become a permanent defeat. That lesson alone has helped many people stop turning one lapse into weeks or months of giving up.

CHAPTER 6

What to Do After a Relapse (Without Starting From Zero Again)

If you've made it this far, you've already learned something most people never do.

You know your triggers.

You know how to interrupt urges.

You're building better daily habits.

But let's talk about something that almost every recovery guide avoids.

What happens if you relapse?

Maybe you're thinking,

"Does that mean I've failed?"

Not at all.

Here's something important to remember:

One relapse is an event. Giving up is a decision.

There's a big difference between the two.

The mistake isn't what keeps most people trapped.

It's what they do after the mistake.

The "I've Ruined Everything" Mindset

Imagine you're driving to Abuja and one tyre gets a puncture.

Would you get out of the car and slash the other three tyres?

Of course not.

You'd fix the one tyre and continue the journey.

Yet that's exactly what many people do after a relapse.

They think,

"I've already messed up today."

Then they binge.

One relapse becomes three.

Three become ten.

Before they know it, they've lost another month.

Not because of the first mistake...

But because they believed the journey was over.

It wasn't.

Stop Counting Failure—Start Measuring Growth

Many people obsess over one question:

"How many days have I gone without relapsing?"

That number can be encouraging.

But it shouldn't be the only way you measure progress.

Ask yourself instead:

- Am I noticing my triggers sooner?
- Am I recovering faster after setbacks?
- Am I spending less time watching pornography than before?
- Am I making healthier choices more often?
- Am I becoming more disciplined in other areas of life?

These are all signs of real growth.

Recovery isn't just about a streak.

It's about becoming a different person.

The 24-Hour Recovery Plan

This is one of the most important tools in The BreakPoint Method™.

If you relapse, don't wait until Monday.

Don't wait until next month.

Recover immediately.

Follow these five steps.

Step 1 — Stop Immediately

Don't tell yourself,

"I'll quit tomorrow."

Stop now.

The relapse has already happened.

There's nothing to gain by continuing.

Draw a line.

Start fresh from this moment.

Step 2 — Remove the Trigger

Ask yourself,

"What started this?"

Was it:

- Staying up late?

- Instagram?
- Being alone?
- Stress?
- Boredom?

Write it down.

Every relapse teaches you something if you're willing to learn.

Step 3 — Replace Shame With Curiosity

Instead of saying,

"What's wrong with me?"

Ask,

"What can I learn from this?"

That small change makes a huge difference.

Shame keeps you stuck.

Curiosity helps you improve.

Become a student of your own habits.

Step 4 — Get Moving Again

Don't spend the rest of the day lying in bed feeling guilty.

Stand up.

Take a shower.

Go outside.

Exercise.

Call a friend.

Read.

Pray.

Work on something meaningful.

Movement breaks the emotional weight of a relapse.

Step 5 — Return to Your Routine

This is the most important step.

Go back to your routine immediately.

Don't wait for Monday.

Don't wait for a new month.

Don't wait until you "feel motivated."

Your routine is what rebuilds momentum.

Avoid the Shame Spiral

Let's talk honestly.

After a relapse, many people say terrible things to themselves.

"I'm disgusting."

"I'll never change."

"God must be disappointed in me."

"I'm hopeless."

Imagine saying those words to a close friend.

You probably wouldn't.

So why say them to yourself?

Being honest about your mistakes is healthy.

Attacking your identity isn't.

Remember:

You made a mistake.

That doesn't mean you are the mistake.

Learn From Every Relapse

Think of every setback as feedback.

Keep a simple journal.

After each relapse, answer these questions:

1. What triggered me?
2. What emotion was I feeling?
3. What time did it happen?
4. What could I do differently next time?
5. Which part of my BreakPoint Plan did I ignore?

Over time, you'll notice patterns.

And patterns can be changed.

Celebrate Small Victories

Most people only celebrate perfection.

That's a mistake.

Celebrate things like:

- Closing a triggering page before it led anywhere.
- Walking away from temptation.
- Choosing sleep instead of late-night scrolling.
- Completing your morning routine.
- Going one day longer than last week.
- Asking someone for help.

These victories matter.

They build confidence.

And confidence builds consistency.

Progress Isn't Always Straight

Imagine climbing a mountain.

Some days the path is smooth.

Other days you slip.

Maybe you even fall.

But as long as you keep climbing...

You're still moving toward the top.

Recovery works the same way.

Don't expect a perfect line.

Expect progress.

Your New Definition of Success

Let's redefine success.

Success isn't:

"I've never struggled."

Success is:

"I recover faster, learn more, and refuse to quit."

That's a completely different mindset.

And it's one that lasts.

The Man You're Becoming

Close your eyes for a moment.

Imagine yourself one year from now.

You wake up with peace.

You're more focused.

More confident.

More disciplined.

You no longer feel controlled by the same habits that once seemed impossible to escape.

That future isn't built in one dramatic moment.

It's built through the choices you make today.

One decision.

One BreakPoint.

One day at a time.

So if this chapter leaves you with one truth, let it be this:

A relapse does not erase your progress—it reveals where you need to strengthen your plan.

Don't let one difficult moment convince you that you've lost everything you've worked for.

Stand up.

Learn.

Adjust.

Move forward.

That's what resilient people do.

Now there's only one chapter left.

You've learned the mindset.

You've learned The BreakPoint Method™.

You've built routines and learned how to recover from setbacks.

In the final chapter, we'll bring everything together into a practical 30-Day BreakPoint Freedom Plan—a simple roadmap that shows you exactly what to do each day so you can turn everything you've learned into lasting

habits. This is where knowledge becomes action, and action becomes transformation.

CHAPTER 7

Your 30-Day BreakPoint Freedom Plan

You've made it to the final chapter.

Take a moment and appreciate that.

By now, you've learned that you're not weak.

You've discovered why willpower isn't enough.

You've identified your personal triggers.

You've learned how to interrupt urges before they become relapses.

You've started building a life that supports freedom instead of feeding old habits.

And you've learned that even if you stumble, you don't have to stay down.

Now it's time to put everything together.

Knowledge is powerful.

But knowledge without action changes nothing.

This 30-day plan isn't about becoming perfect.

It's about becoming consistent.

Remember this:

Small actions repeated every day create big changes over time.

Let's begin.

Week 1: Build Awareness

Goal: Learn your patterns.

Don't focus on never relapsing.

Focus on understanding yourself.

Every day, ask yourself:

- What made me feel tempted today?
- When did I feel the strongest urge?
- What emotions was I experiencing?
- How did I respond?

Write your answers in a notebook.

By the end of the week, you'll have something valuable:

Your personal recovery map.

No two people have the same triggers.

The better you know yours...

The easier they become to manage.

Your Daily Checklist

- ☐ Made my bed
- ☐ Drank water after waking up
- ☐ Avoided unnecessary social media
- ☐ Read something positive
- ☐ Exercised or walked
- ☐ Identified today's biggest trigger
- ☐ Reflected before sleeping

Don't worry if you miss a box.

Just keep going.

Week 2: Master the Five-Minute Window

Now it's time to practice.

Every urge becomes an opportunity.

Whenever temptation appears:

1. Stop immediately.
2. Stand up.
3. Leave the environment.
4. Drink water.

5. Follow your Emergency Escape Plan.

Your goal this week isn't perfection.

It's repetition.

Every successful interruption strengthens your confidence.

Replace the Habit

Whenever you remove an unhealthy habit...

Replace it immediately.

Instead of scrolling...

Read.

Instead of lying in bed...

Go outside.

Instead of watching explicit content...

Call someone.

Instead of hiding...

Build something.

Remember:

Nature doesn't like empty spaces.

Give your mind a healthier place to go.

Week 3: Strengthen Your New Identity

Here's something important.

People don't change because they force themselves.

They change because they begin seeing themselves differently.

Instead of saying,

"I'm trying to quit porn."

Say,

"I'm becoming a disciplined man."

That's a completely different identity.

Every healthy decision becomes proof of who you're becoming.

Ask yourself every morning:

"What would a disciplined man do today?"

Then do that.

One decision at a time.

Create Personal Rules

Successful people remove unnecessary decisions.

Create simple rules like:

- No phone in bed.
- No social media after 10 p.m.
- Sleep before midnight.
- Exercise at least four times a week.
- Read for 20 minutes every day.
- Pray or reflect every morning.
- Never stay alone with temptation.

Rules create structure.

Structure protects freedom.

Week 4: Build a Lifestyle You Love

By now, you'll notice something.

Recovery becomes easier when life becomes fuller.

This week, focus on growth.

Ask yourself:

What kind of man do I want to become?

Maybe you want to become:

- A better student.

- A stronger leader.
- A better husband one day.
- A successful entrepreneur.
- A dependable father in the future.
- A man known for integrity.

Now choose one goal.

Not five.

One.

Spend at least thirty minutes every day working toward it.

Purpose weakens temptation.

Your Daily BreakPoint Routine

Keep this routine simple enough that you'll actually follow it.

Morning

- ✓ Wake up at a consistent time.
- ✓ Make your bed.
- ✓ Pray or reflect.
- ✓ Drink water.
- ✓ Exercise.

- ✓ Review your goals.

Afternoon

- ✓ Stay productive.
- ✓ Notice emotional triggers.
- ✓ Take short breaks when stressed.
- ✓ Avoid mindless scrolling.

Evening

- ✓ Put your phone away one hour before bed.
- ✓ Reflect on your day.
- ✓ Write one thing you did well.
- ✓ Sleep at a consistent time.

When You Feel Like Giving Up

There will be days when you feel tired.

Days when nothing seems to be working.

Days when old habits call your name.

That's normal.

Don't confuse difficulty with failure.

Every worthwhile journey has difficult days.

Keep showing up.

Even if today's victory is simply closing an app...

That's still progress.

Three Promises to Make Yourself

Stand in front of a mirror if you can.

Read these slowly.

Promise One

I will not let one mistake define my future.

Promise Two

I will choose progress over perfection.

Promise Three

I will become the man I know I can be, one day at a time.

These aren't magic words.

They're daily reminders.

The BreakPoint Commitment

Write your name below.

Today's Date: _____

My Name: _____

I choose to stop letting temporary pleasure control my future.

I understand that freedom isn't built in one day.

It's built through daily choices.

I commit to following The BreakPoint Method™ with patience, honesty, and consistency.

If I stumble, I will learn.

If I struggle, I will keep moving.

If I succeed, I will stay humble.

Starting today, I choose growth over guilt.

Signature: _____

One Last Thing Before You Go...

If you've read every page of this guide, you've already done something important.

You showed up.

That may not feel like a big deal.

But it is.

Many people know they have a problem.

Very few are willing to face it.

You did.

Remember this:

You won't become free because you read a PDF.

You'll become free because you apply what you've learned every single day.

There will be easy days.

There will be difficult days.

There may even be setbacks.

Don't let them convince you that you've failed.

The strongest people aren't those who never fall.

They're the ones who refuse to stay down.

Years from now, I hope you look back on this moment and smile—not because everything changed overnight, but because this was the day you decided to stop living on autopilot and start living with purpose.

Your future is built one choice at a time.

And your next choice starts now.

Congratulations. You've completed The BreakPoint Method™.

Remember the four pillars that carried you through this guide:

- Catch the Trigger – Recognize the moments that lead to temptation.
- Win the Five-Minute Window – Interrupt the urge before it becomes a relapse.
- Build a Life That Doesn't Need Escape – Replace old habits with purpose and healthy routines.
- Recover, Don't Quit – Learn from setbacks and keep moving forward.

Freedom isn't about never facing temptation again.

Freedom is becoming the kind of person who no longer lets temptation make your decisions.

CONCLUSION

Your Freedom Starts With the Next Choice

If you've read this guide from beginning to end, you've already taken an important step.

You chose to stop ignoring the problem.

You chose to learn.

Most importantly, you chose to believe that change is possible.

That's where every transformation begins.

Throughout this guide, you've discovered that freedom isn't about having superhuman willpower or never experiencing temptation again. It's about understanding your habits, recognizing your triggers, and responding differently when those moments come.

You've learned The BreakPoint Method™, a practical system built on four simple principles:

- Catch the Trigger before it catches you.
- Win the Five-Minute Window by interrupting the urge instead of reacting to it.
- Build a Life That Doesn't Need Escape by replacing destructive habits with purpose and healthy routines.
- Recover, Don't Quit whenever you experience a setback.

These principles are simple, but don't mistake simple for ineffective.

The small choices you make every day will shape the man you become tomorrow.

There will be days when everything feels easy.

There will also be days when temptation feels stronger than usual.

On those difficult days, don't measure your success by perfection.

Measure it by your willingness to get back up.

Remember, one bad moment doesn't erase weeks of progress.

One mistake doesn't define your future.

Every day gives you another opportunity to make a better choice.

As you continue this journey, be patient with yourself.

Real change rarely happens overnight.

It's built through consistency, honesty, and persistence.

Celebrate your victories, learn from your setbacks, and never stop moving forward.

Most importantly, remember why you started.

You didn't begin this journey just to quit a habit.

You started because you want something greater.

You want peace of mind.

You want confidence.

You want discipline.

You want stronger relationships.

You want to become a man who is in control of his choices—not controlled by his impulses.

That future is within reach.

Not because of luck.

Not because of motivation.

But because you're willing to keep making the next right decision.

Years from now, I hope you look back at this moment and realize it wasn't just the day you finished reading a guide.

It was the day you made a commitment to become a better version of yourself.

So as you close this book, remember this final truth:

Freedom is not a destination you arrive at once. It is a choice you make every single day.

Start with today.

Win today.

Tomorrow will take care of itself.

Your next chapter isn't in this book.

It's the life you begin living from this moment forward.

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