

MOD 3 Dopamine & Porn Awareness

Reclaim your raw, focused desire — and become the man whose presence alone commands attention.

HONEST SELF-ASSESSMENT — WHERE IS YOUR EDGE RIGHT NOW?

Rate each honestly (1 = not at all, 10 = completely true of me today):

I feel a strong, focused drive when I am working toward something I want No edge Full edge

I do not use pornography or overstimulation to manage boredom or stress Never true Always true

My sexual energy feels focused, not scattered or drained Depleted Potent

I feel genuinely present and alive in my body most days Numb Fully alive

THE HIDDEN WIRING — UNDERSTANDING YOUR CRAVING PATTERN

HOW OVERSTIMULATION DRAINS YOUR EDGE

Pornography and constant digital stimulation do not satisfy desire — they redirect it.

Each hit of artificial dopamine quietly replaces the raw drive that makes you magnetic.

Reclaiming that drive is not about deprivation. It is about redirecting power.

When do you most often reach for overstimulation? What feeling are you trying to avoid or escape?

1 _____
2 _____
3 _____

What has overstimulation cost you — in energy, presence, drive, or how you show up with women?

1 _____
2 _____
3 _____

MY COMMITMENT THIS WEEK

I commit to:

Signed: _____ Date: _____

THE RECLAIM PROTOCOL — REDIRECT, DON'T SUPPRESS

THE PRINCIPLE

Raw, focused desire is your greatest masculine asset.
You do not kill the drive. You channel it — into work, into presence, into purpose.
Every time you redirect instead of indulge, your edge sharpens.

- Urge arises:** Pause 90 seconds. Name the feeling underneath it. Breathe through it.
- Replace the channel:** Do 10 push-ups, write one paragraph, or call a mentor. Move the energy.
- Track the days:** Mark each clean day below. Watch your edge build in real time.
- Notice the shift:** After 7 days, rate your focus, drive, and presence. Record the difference.
- Protect the gain:** Remove apps, delete content, change environments. Design friction in the path.

30-DAY EDGE RECOVERY TRACKER

Mark each day you successfully redirected instead of indulged:

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

POWER QUESTION

When you reclaim your raw, focused desire — when it is no longer leaking out through screens and habit — what kind of man does that energy turn you into?
Describe him. That man is not a goal. He is already in you, waiting to surface.

Reflection:

1 _____

2 _____

3 _____

4 _____