

BONUS GUIDE #1

# 30-Day Digital Discipline Challenge

A structured daily challenge for the first month of your journey

*Free Bonus — RECLAIM YOUR MIND*

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# How to Use This Challenge

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The first thirty days after beginning to break a Comfort Loop are the most critical. The Loop is at its most vulnerable during this window — and also at its most insistent.

This challenge gives you a single focus, a practical action, and a brief evening reflection for each day. Nothing overwhelming. Everything cumulative.

If you miss a day, do not restart. Return to where you were and continue. Progress is not undone by a missed day. It is only undone by stopping.

## TOOLS NEEDED

Your Daily Habit Tracker (Bonus #3) · A journal or notebook · Emergency Urge Control Guide (Bonus #4) kept accessible · The main RECLAIM YOUR MIND guide as reference.

# Week One: Awareness

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The foundation of the first week is observation, not change. You are gathering data, not fighting battles.

## Day 1: Set Up Your Tracker

**Action:** Open your Daily Habit Tracker. Decide that from today, you are paying attention. Do not try to change anything yet.

**Evening Reflection:** What triggered the strongest urge today? Name the emotional state specifically.

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## Day 2: Identify Your Top Trigger

**Action:** Review yesterday's entry. Which trigger category from Part Two of the main guide feels most accurate for you?

**Evening Reflection:** What did you notice about your patterns that you had not consciously seen before?

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## Day 3: Map Your High-Risk Windows

**Action:** Identify the two or three times of day or week that are consistently high-risk. Write them in your tracker.

**Evening Reflection:** Were any of your predicted high-risk windows difficult today?

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## Day 4: Choose Your Displacement Activity

**Action:** Decide your 5-Minute Displacement activity from Part Three. Write it down. Tell one trusted person you have started a personal challenge.

**Evening Reflection:** Did an urge arrive? Did you attempt the displacement?

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## Day 5: Practise Name-and-Locate

**Action:** Find a moment today to practise the Name-and-Locate technique. Pause, name what you are feeling, find it in your body. Do this twice.

**Evening Reflection:** What did you notice when you named and located a low-stakes emotional state?

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## Day 6: Assess Your Environment

**Action:** Where do you use your device during high-risk windows? Make one structural change today.

**Evening Reflection:** What is the smallest environmental change you made? Do you already notice a difference?

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## Day 7: Week One Review

**Action:** Read back through days 1-6. What patterns do you see? Write a brief summary.

**Evening Reflection:** What is the single most important thing you learned about yourself this week?

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## Week Two: Intervention

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You have your map. Now you begin actively using the techniques from Part Three. This week you will try both the gap techniques and the Response Delay Technique to discover which works best for your particular experience of the urge.

### Day 8: Introduce the Response Delay Technique

**Action:** Read the Response Delay Technique in Part Three of the main guide. Today, when an urge arrives, try it: set a 1-minute timer. Tell yourself 'not yet, not no.' When the timer ends, assess. If needed, extend to 2 minutes. Record your starting delay and how it felt.

**Evening Reflection:** Did the delay approach feel different from trying to resist the urge outright? Did you notice less panic or scarcity? How long did your delay run before the urge changed?

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### Day 9: Deploy the Displacement or Extend the Delay

**Action:** Today, use either the 5-Minute Displacement or continue building your Response Delay. If the displacement is working — use it. If delay feels more natural — extend your timer to 2 or 5 minutes today. Record which you used and what happened.

**Evening Reflection:** Which technique felt more sustainable — displacement or delay? Did an urge pass on its own during the delay period before you even needed to act?

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### Day 10: Identify Your Comfort Need

**Action:** Using the table from Part Four, identify the underlying need behind your top trigger. Write one specific comfort pathway.

**Evening Reflection:** Does the comfort pathway feel genuinely available to you?

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### Day 11: Install a Comfort Pathway

**Action:** Practise your new comfort pathway once — not in a crisis, but as an installation exercise.

**Evening Reflection:** How did it feel to practise the pathway outside of a crisis?

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### Day 12: Address One Environmental Lever

**Action:** Make one specific, concrete environmental change from Part Six today.

**Evening Reflection:** What did you change? What resistance did you notice?

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## Day 13: Reconnect With One Person

**Action:** Reach out to one person with whom connection has been thin. Not for disclosure — just for presence.

**Evening Reflection:** Did reconnecting shift your emotional state?

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## Day 14: Week Two Review

**Action:** Which gap technique has been most effective? Which trigger is still giving you the most difficulty?

**Evening Reflection:** What would you do differently in Week Three?

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## Week Three: Identity

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Week Three turns to the deeper work: the shame layer and the identity shift.

### Day 15: Write the Shame Statement

**Action:** Complete Step 1 of the Identity Rewrite Practice. Write the identity statement shame has given you.

**Evening Reflection:** How did it feel to write that statement?

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### Day 16: Examine the Evidence

**Action:** For the shame statement from yesterday, examine the evidence. List at least five things that are also true about you.

**Evening Reflection:** What did you find when you looked for counter-evidence?

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### Day 17: Write the Working-Toward Statement

**Action:** Write the identity statement you are working toward. Read it before you sleep tonight.

**Evening Reflection:** Does any part of the working-toward statement feel out of reach?

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### Day 18: Begin the Daily Reading Practice

**Action:** Set a reminder to read your working-toward statement daily. This is a two-minute practice.

**Evening Reflection:** Did you read your statement today? What was your internal response?

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### Day 19: Identify the Shame-Loop Trigger

**Action:** From your tracker, identify any instances where shame from a previous episode became the trigger for the next one.

**Evening Reflection:** Can you trace a specific shame spiral? Write it as a timeline.

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### Day 20: Prepare the Relapse Protocol

**Action:** Read Part Seven of the main guide in full. Decide in advance: if I slip, the first thing I will do is...

**Evening Reflection:** Having read the protocol, has your relationship to the possibility of a slip changed?

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## Day 21: Week Three Review

**Action:** Are urges becoming less frequent, less intense, or shorter in duration? Note specific changes.

**Evening Reflection:** In what specific way are you different today compared to Day 1?

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## Week Four: Architecture

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Consolidate everything into long-term structure. You are not finishing the work — you are establishing the conditions in which it continues.

### Day 22: Audit Your Comfort Pathways

**Action:** Review pathways from Week Two. Which are taking hold? Adjust any that need revision.

**Evening Reflection:** Which comfort pathway has been most effective?

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### Day 23: Deepen One Social Connection

**Action:** Choose one relationship and invest in it deliberately today. Arrange a regular touchpoint.

**Evening Reflection:** What did you do? What did it feel like?

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### Day 24: Faith Check-In

**Action:** Read Part Eight of the main guide. Take one step toward re-engagement today.

**Evening Reflection:** What is one thing you can do this week to restore your spiritual practice?

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### Day 25: Review Environmental Architecture

**Action:** Walk through every change made since Day 6. Make one additional structural change.

**Evening Reflection:** Which environmental change has had the most impact?

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### Day 26: Write Your 30-Day Progress Letter

**Action:** Write a letter to yourself documenting what has changed over the last 26 days. Be specific. Keep this letter.

**Evening Reflection:** What is the most significant shift since Day 1?

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### Day 27: Plan the Next 30 Days

**Action:** Which framework elements need continued focus? Which comfort pathways need more installation time?

**Evening Reflection:** What are you most concerned and most confident about going forward?

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## Day 28: Rest and Acknowledge

**Action:** Today's action is genuine, deliberate, unstructured rest. Notice whether rest is comfortable or uncomfortable.

**Evening Reflection:** How did it feel to rest today?

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## Day 29: Prepare Your Ongoing Practice

**Action:** Set up tracker reviews, a weekly anchor check-in, and a standing reminder for your identity statement.

**Evening Reflection:** What are the three most important ongoing practices you are committing to?

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## Day 30: Day 30: The Man You Are Today

**Action:** Read your Day 1 entry. Read your progress letter. Write a final entry: who are you today?

**Evening Reflection:** What do you want to say to the man who opened this guide on Day 1?

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**WELL DONE**

Thirty days is a real achievement. The Loop has not disappeared — but it is measurably weaker, and you are measurably stronger in relation to it. The work continues. So do you.