

BONUS GUIDE #4

# Emergency Urge Control Guide

Brain-based techniques for the critical 3-7 minutes when the Loop pulls hardest

*Free Bonus — RECLAIM YOUR MIND*

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**You are reading this because an urge has arrived, or because you want to be ready when one does. Everything here is designed for the next few minutes.**

## Before Anything Else — Breathe

### DO THIS FIRST — RIGHT NOW

Take one slow breath in through your nose for 4 counts. Hold for 2 counts. Out through your mouth for 6 counts. Do it once. Slow exhalation activates the parasympathetic nervous system and begins reducing the cortisol spike the urge is riding. One breath. Do it now.

The urge you are experiencing right now is not permanent. It is a wave. It will build, peak, and pass — typically within 7 to 15 minutes if you do not act on it and do not fight it desperately.

You do not need to defeat it. You need to outlast it — or delay it. Both paths lead to the same place. The techniques below include both approaches. If one is making the craving worse, not better, switch to the other.

Start with Technique 1. Move through the list as needed.

# The Emergency Techniques

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## Technique 1

### The 4-6-8 Breath Sequence (60 seconds)

Breathe in for 4 counts. Hold for 6. Out for 8. Repeat four times.

Why it works: Extended exhalation activates the vagus nerve and shifts the nervous system from sympathetic activation (which the urge rides) to parasympathetic regulation. This directly reduces the biochemical intensity of the urge signal. One complete round takes 72 seconds. Most men notice measurable reduction within 2 minutes.

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## Technique 2

### Name and Locate (2 minutes)

Name the emotional state underneath the urge specifically — not 'stressed' but 'frustrated that the meeting went badly and I felt dismissed.'

Then locate where in your body you feel it. Chest? Jaw? Behind the eyes?

Why it works: Affect labelling — naming an emotional state — reduces amygdala activity and increases prefrontal cortex activity. You are not eliminating the feeling. You are changing your neurological relationship to it. That shift buys you time.

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### Technique 2b

## The Response Delay Technique — if Techniques 1-2 are creating panic

If naming and locating the urge is making it feel more desperate — if the waiting feels like deprivation and the craving is intensifying — stop fighting it. Switch to this.

Do not say no. Say not yet.

Stage 1: Set a timer for 1 minute. Tell yourself: I am not denying this. I am delaying it. I can still act on it — just not for the next 60 seconds. When the timer ends, if the urge is still present, you may indulge. Repeat this each time the urge appears until you can hold out for 1 minute comfortably.

Stage 2: Once 1 minute feels comfortable, extend to 2 minutes. Same rule — if the urge is still present when the timer ends, you may indulge. Continue until 2 minutes feels easy.

Continue increasing the delay to 5 minutes, 10 minutes, 30 minutes, and beyond — moving to the next stage only when the current one feels genuinely settled, not forced.

Many men find that by the end of the delay, the urge has already passed on its own. They fell asleep. They got distracted. The moment moved on without them.

Why it works: When the brain registers deprivation — 'I cannot have this' — it escalates the craving. When it registers delay — 'I can have this, just later' — there is no panic. The urgency drops. And every time you successfully delay, you prove to yourself that you are capable of choosing. That proof, accumulated over days and weeks, is where confidence grows.

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### Technique 3

## The 5-Minute Physical Displacement (5 minutes)

Do something physical. Right now. Options: 20 push-ups, a walk to the end of the street, standing outside in open air, cold water on the face and wrists.

Leave your device where it is. Move away from it physically.

Why it works: Physical movement activates the prefrontal cortex and disrupts the biochemical state the Loop needs to sustain its urgency.

#### Technique 4

### Call Your Anchor (immediate)

If you have an accountability anchor, call them now. You do not need to explain. 'I just need five minutes' is enough.

If not available: send a genuine message to anyone — asking a real question, sharing something real. The direction of reaching outward, not inward toward the Loop, is what counts.

Why it works: Human contact activates the brain's social bonding system, which directly competes with what the Loop is offering. Emmanuel told me the urge almost disappeared when other people were present.

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#### Technique 5

### Urge Surfing — Observe Without Acting (7-15 minutes)

Do not fight the urge. Do not give in to it. Watch it.

Observe: How intense is it (1-10)? Where do you feel it in your body? What thoughts does it bring? Is it building or plateauing?

Watch it peak. Then watch it begin to fall.

Why it works: Urges follow a predictable arc of build-peak-subside. Most men have never let an urge complete its full arc without acting. Doing so gives the brain new information: this feeling does not require a response. It passes on its own. That learning, repeated, is one of the most powerful ways to weaken the Loop.

# After the Urge Passes

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Whether you held the line or not, the urge will pass. What you do in the first ten minutes after is as important as what you did during.

## **If you held the line:**

- Record it in your tracker. Note which technique you used and the peak intensity.
- Acknowledge it briefly. Your brain has a new data point.
- Give yourself ten more minutes of quiet before returning to normal activity.
- Identify the trigger. Add it to your map.

## **If you acted on the urge:**

- Do not spiral. One episode is one data point.
- Open your main guide to Part Seven: The Relapse Protocol. Follow it now.
- Record the event in your tracker.
- Identify what technique level you reached before acting. That is progress information.
- Return to this guide. You will need it again. It will be here.

**The urge is not you.  
It is a trained response asking for permission.  
You are the one who decides whether to grant it.**

# Quick Reference Card

*Screenshot this card or write it out and keep it wherever you will most need it.*

## EMERGENCY URGE CONTROL — QUICK REFERENCE

**Step 1.** 4-6-8 Breath — do it now.

**Step 2.** Name the emotion. Locate it in your body.

**Step 2b.** If waiting feels like deprivation: switch to Response Delay. Stage 1 — set a 1-minute timer. You may indulge after it ends if the urge remains. Repeat until 1 minute is comfortable. Then move to 2 minutes, 5, 10, 30 and beyond.

**Step 3.** Move physically for 5 minutes. Leave your device behind.

**Step 4.** Call or message your anchor.

**Step 5.** Observe the urge without acting. Watch it peak. Watch it fall.

The urge lasts 7-15 minutes if you do not feed it.

You only need to outlast it — or delay it.