

# Stop Eating Sugar Example

## Morning Questions

AM

- ❑ What bad habit or addiction am I breaking?

*I am not going to eat sugar anymore.*

- ❑ Why do I want to break it? (List every reason)

- *Increases risk of every major disease*
- *Destroys my gums and teeth*
- *Very addictive and I feel like a slave to it*
- *Makes my energy levels go up and down like a yo-yo*
- *I feel extremely guilty after eating it*
- *I want to live long and be there for my children*

- ❑ What lies have I told myself in the past that have made me believe that it benefits me or makes my life better?

- *That it doesn't matter*
- *That I really like it, when I don't. How could I like something that makes me feel guilty?*
- *That it is okay in small amounts*
- *That I need to "live a little"*
- *That I can just eat a little bit and stop when I know it isn't true*
- *That it is a treat or reward*

- ❑ Have I accepted the truth that it does absolutely nothing for me and the pleasure or benefit I thought it brought me was an illusion and a lie?

- *YES. It doesn't give me pleasure. I feel terrible and guilty after I eat it. There is no benefit to eating it. How could there be a benefit to something that destroys my health?*

# Stop Eating Sugar Example

## Morning Tasks

AM

- ❑ Text three people right now and tell them that you are so happy and grateful because you are finally free of your bad habit.
- ❑ Set a timer for five minutes, close your eyes, and imagine yourself telling the most important person in your life how it has been one year since you did your bad habit.
- ❑ Write down your goal of not doing your bad habit for a year. Write it in the past tense as if you have already accomplished it, and include the end date.

## My Goal:

- *I have not eaten any sugar such as chocolate, candy, ice cream or soda for an entire year by December 31st, 2023.*

## The Universal Truths

- ❑ Have I accepted that breaking this bad habit shouldn't take any willpower whatsoever, and in order to be truly free, I need to remove the desire altogether?
- ❑ Have I accepted that my bad habit is the cause and the reason for my pain, not the "relief" for it?
- ❑ Have I accepted that my craving or urge to do my bad habit is caused by the last time I did my bad habit, and if I do my bad habit again, I will never break this cycle?

## Stop Eating Sugar Example

### Evening Review

PM

- ☐ What bad habit or addiction am I breaking?
  - *I am not going to eat sugar anymore.*
- ☐ What is the single biggest reason that I want to break it?
  - *I want to live a long time and be there for my kids*
- ☐ What is the single biggest lie that I have told myself in the past that has made me believe that it benefits me or makes my life better?
  - *That it is okay in small amounts. The only amount of sugar that is okay is zero.*
- ☐ Have I accepted the truth that it does absolutely nothing for me and the pleasure or benefit I thought it brought me was an illusion and a lie?
  - *Yes. It is bad for my health and I feel so guilty after eating it. How could something that is bad for me and makes me feel such guilt provide me with any pleasure or benefit? It does the exact opposite. Everything I thought was good about it is not true, and I am very happy that I see that.*
- ☐ What are five good things that happened to me today?
  1. *I threw out all my candy and junk food.*
  2. *I made a new healthy eating plan.*
  3. *I went shopping for healthy sugar-free snacks.*
  4. *I told my family what I am doing and they are going to do it too.*
  5. *I had more energy throughout the day as my blood sugar wasn't spiking then crashing.*

## Stop Eating Sugar Example

### Evening Tasks

PM

- ☐ Make a checkmark on your progress calendar and then express gratitude to yourself because you are truly free and your bad habit doesn't control you anymore.
- ☐ Set a timer for five minutes, close your eyes, and imagine yourself telling the most important person in your life how it has been one year since you did your bad habit.
- ☐ Write down your goal of not doing your bad habit for a year. Write it in the past tense as if you have already accomplished it, and include the end date.

### My Goal:

- *I have not eaten any sugar such as chocolate, candy, ice cream or soda for an entire year by December 31st, 2023*

### The Universal Truths

- ☐ Have I accepted that breaking this bad habit shouldn't take any willpower whatsoever, and in order to be truly free, I need to remove the desire altogether?
- ☐ Have I accepted that my bad habit is the cause and the reason for my pain, not the "relief" for it?
- ☐ Have I accepted that my craving or urge to do my bad habit is caused by the last time I did my bad habit, and if I do my bad habit again, I will never break this cycle?

## Unnecessary Spending Example

### Morning Questions

AM

- ❑ What bad habit or addiction am I breaking?
  - *Spending money on things that I do not need.*
  
- ❑ Why do I want to break it? (List every reason)
  - *I could be investing that money and making money back.*
  - *I could spend that money on vacations for my family.*
  - *I could spend that money on books, courses, etc., to improve myself.*
  - *I could spend that money on starting a business.*
  - *I could save that money and have more peace of mind with a little savings in the bank.*
  - *I could spend that money on something that would help my health.*
  
- ❑ What lies have I told myself in the past that have made me believe that it benefits me or makes my life better?
  - *That it doesn't matter.*
  - *That it is just a small purchase.*
  - *That I need these things.*
  - *That I should "reward myself" by buying these things.*
  - *That I have to "live a little."*
  
- ❑ Have I accepted the truth that it does absolutely nothing for me and the pleasure or benefit I thought it brought me was an illusion and a lie?
  - *YES. There is no pleasure. I just feel guilty afterwards and that makes me feel upset. There is no benefit. I just waste money on stuff I don't need when I could be spending it on something that would benefit me.*

## Stop Eating Sugar Example

### Morning Tasks

AM

- ❑ Text three people right now and tell them that you are so happy and grateful because you are finally free of your bad habit.
- ❑ Set a timer for five minutes, close your eyes, and imagine yourself telling the most important person in your life how it has been one year since you did your bad habit.
- ❑ Write down your goal of not doing your bad habit for a year. Write it in the past tense as if you have already accomplished it, and include the end date.

### My Goal:

- *I have gone an entire year without making an unnecessary purchase by December 31st, 2023.*

### The Universal Truths

- ❑ Have I accepted that breaking this bad habit shouldn't take any willpower whatsoever, and in order to be truly free, I need to remove the desire altogether?
- ❑ Have I accepted that my bad habit is the cause and the reason for my pain, not the "relief" for it?
- ❑ Have I accepted that my craving or urge to do my bad habit is caused by the last time I did my bad habit, and if I do my bad habit again, I will never break this cycle?

## Stop Eating Sugar Example

### Evening Review

PM

- ❑ What bad habit or addiction am I breaking?
  - *Spending money on things that I do not need.*
  
- ❑ What is the single biggest reason that I want to break it?
  - *I could be using this money to start and grow a business which is something I always wanted to do.*
  
- ❑ What is the single biggest lie that I have told myself in the past that has made me believe that it benefits me or makes my life better?
  - *That they are small purchases and it doesn't matter. It does matter. They add up to huge figures over the course of a year.*
  
- ❑ Have I accepted the truth that it does absolutely nothing for me and the pleasure or benefit I thought it brought me was an illusion and a lie?
  - *YES. There is no pleasure. I just feel guilty afterwards and that makes me feel upset. There is no benefit. I just waste money on stuff I don't need when I could be spending it on something that would benefit me.*
  
- ❑ What are five good things that happened to me today?
  1. *I made a plan to start a business.*
  2. *I canceled my Amazon Prime membership.*
  3. *I told my family what I am doing.*
  4. *I opened an investing account so I can put my money there instead.*
  5. *I got a Skillshare membership so I can learn everything I need to know.*

## Stop Eating Sugar Example

### Evening Tasks

PM

- ❑ Make a checkmark on your progress calendar and then express gratitude to yourself because you are truly free and your bad habit doesn't control you anymore.
- ❑ Set a timer for five minutes, close your eyes, and imagine yourself telling the most important person in your life how it has been one year since you did your bad habit.
- ❑ Write down your goal of not doing your bad habit for a year. Write it in the past tense as if you have already accomplished it, and include the end date.

### My Goal:

- *I have gone an entire year without making an unnecessary purchase by December 31st, 2023.*

### The Universal Truths

- ❑ Have I accepted that breaking this bad habit shouldn't take any willpower whatsoever, and in order to be truly free, I need to remove the desire altogether?
- ❑ Have I accepted that my bad habit is the cause and the reason for my pain, not the "relief" for it?
- ❑ Have I accepted that my craving or urge to do my bad habit is caused by the last time I did my bad habit, and if I do my bad habit again, I will never break this cycle?



# Pornography Example

## Morning Questions

AM

- ❑ What bad habit or addiction am I breaking?
  - *Watching pornography*
  
- ❑ Why do I want to break it? (List every reason)
  - *Porn use is cited in 50% of divorces.*
  - *Lots of porn actors are there against their will.*
  - *It leads to me oversexualizing and objectifying women.*
  - *Porn use is linked to erectile dysfunction.*
  - *When I watch it, my interest in real life women goes down, and that is not a good thing.*
  - *It is addictive and requires more and more extreme amounts over time.*
  
- ❑ What lies have I told myself in the past that have made me believe that it benefits me or makes my life better?
  - *That it is normal.*
  - *That it is harmless.*
  - *That it is healthy and natural.*
  - *That it is "good for me."*
  
- ❑ Have I accepted the truth that it does absolutely nothing for me and the pleasure or benefit I thought it brought me was an illusion and a lie?
  - *YES. There is no benefit. It corrupts my mind, and wastes my life force. There is no pleasure or benefit from it. After I am done, I feel disgusted with myself. If it was genuinely good for me, and nothing wrong with it, I wouldn't feel disgusted, would I?*

## Pornography Example

### Morning Tasks

AM

- ☐ Text three people right now and tell them that you are so happy and grateful because you are finally free of your bad habit.
- ☐ Set a timer for five minutes, close your eyes, and imagine yourself telling the most important person in your life how it has been one year since you did your bad habit.
- ☐ Write down your goal of not doing your bad habit for a year. Write it in the past tense as if you have already accomplished it, and include the end date.

### My Goal:

- *I have gone an entire year without watching pornography a single time by December 31st, 2023.*

### The Universal Truths

- ☐ Have I accepted that breaking this bad habit shouldn't take any willpower whatsoever, and in order to be truly free, I need to remove the desire altogether?
- ☐ Have I accepted that my bad habit is the cause and the reason for my pain, not the "relief" for it?
- ☐ Have I accepted that my craving or urge to do my bad habit is caused by the last time I did my bad habit, and if I do my bad habit again, I will never break this cycle?

## Pornography Example

### Evening Review

PM

- ❑ What bad habit or addiction am I breaking?
  - *Watching pornography*
  
- ❑ What is the single biggest reason that I want to break it?
  - *Porn use is cited in 50% of divorces, and that must be for a reason. It is bad for my mental and spiritual health, and I do not want to get divorced. I want to enjoy real life people.*
  
- ❑ What is the single biggest lie that I have told myself in the past that has made me believe that it benefits me or makes my life better?
  - *That it is normal and harmless.*
  
- ❑ Have I accepted the truth that it does absolutely nothing for me and the pleasure or benefit I thought it brought me was an illusion and a lie?
  - *YES. There is no benefit. It corrupts my mind, and wastes my life force. There is no pleasure or benefit from it. After I am done, I feel disgusted with myself. If it was genuinely good for me, and nothing wrong with it, I wouldn't feel disgusted, would I?*
  
- ❑ What are five good things that happened to me today?
  1. *I blocked all pornographic content from my phone and computer using an app.*
  2. *I told my wife about this and she supported it.*
  3. *I now realize how unnatural watching porn is and how it has affected me.*
  4. *I am more interested in real-life people now as opposed to people on a screen.*
  5. *I have a plan in place to stop this habit permanently.*

## Pornography Example

### Evening Tasks

PM

- ❑ Make a checkmark on your progress calendar and then express gratitude to yourself because you are truly free and your bad habit doesn't control you anymore.
- ❑ Set a timer for five minutes, close your eyes, and imagine yourself telling the most important person in your life how it has been one year since you did your bad habit.
- ❑ Write down your goal of not doing your bad habit for a year. Write it in the past tense as if you have already accomplished it, and include the end date.

### My Goal:

- *I have gone an entire year without watching pornography a single time by December 31st, 2023.*

### The Universal Truths

- ❑ Have I accepted that breaking this bad habit shouldn't take any willpower whatsoever, and in order to be truly free, I need to remove the desire altogether?
- ❑ Have I accepted that my bad habit is the cause and the reason for my pain, not the "relief" for it?
- ❑ Have I accepted that my craving or urge to do my bad habit is caused by the last time I did my bad habit, and if I do my bad habit again, I will never break this cycle?

## Overeating Example

### Morning Questions

AM

- ☐ What bad habit or addiction am I breaking?
  - *Overeating*
  
- ☐ Why do I want to break it? (List every reason)
  - *It makes me feel terrible physically and emotionally.*
  - *It leads to weight gain.*
  - *It leads to indigestion.*
  - *It makes me not sleep as well and I am so tired the next day.*
  - *It makes me feel helpless and not in control of myself.*
  
- ☐ What lies have I told myself in the past that have made me believe that it benefits me or makes my life better?
  - *That food makes me happy.*
  - *That I'll just have a little bit more.*
  - *That it is "comfort food." It doesn't comfort me at all.*
  - *That I need it, when I really don't.*
  
- ☐ Have I accepted the truth that it does absolutely nothing for me and the pleasure or benefit I thought it brought me was an illusion and a lie?
  - *YES! Absolutely! It doesn't provide any pleasure. I feel awful, bloated, and defeated after. There is no benefit to doing so either. It makes me fat, ruins my sleep, gives me terrible indigestion, and makes me miserable. The fact that I used to think I need it is a total lie and is not true at all.*

## Overeating Example

### Morning Tasks

AM

- ❑ Text three people right now and tell them that you are so happy and grateful because you are finally free of your bad habit.
- ❑ Set a timer for five minutes, close your eyes, and imagine yourself telling the most important person in your life how it has been one year since you did your bad habit.
- ❑ Write down your goal of not doing your bad habit for a year. Write it in the past tense as if you have already accomplished it, and include the end date.

### My Goal:

- *I have not overeaten one time for an entire year by December 31st, 2023.*

### The Universal Truths

- ❑ Have I accepted that breaking this bad habit shouldn't take any willpower whatsoever, and in order to be truly free, I need to remove the desire altogether?
- ❑ Have I accepted that my bad habit is the cause and the reason for my pain, not the "relief" for it?
- ❑ Have I accepted that my craving or urge to do my bad habit is caused by the last time I did my bad habit, and if I do my bad habit again, I will never break this cycle?

## Overeating Example

### Evening Review

PM

- ❑ What bad habit or addiction am I breaking?
  - *Overeating*
  
- ❑ What is the single biggest reason that I want to break it?
  - *It makes me feel terrible both physically and emotionally.*
  
- ❑ What is the single biggest lie that I have told myself in the past that has made me believe that it benefits me or makes my life better?
  - *That it is comfort food and I need it to feel better. I don't. It makes it worse.*
  
- ❑ Have I accepted the truth that it does absolutely nothing for me and the pleasure or benefit I thought it brought me was an illusion and a lie?
  - *YES! Absolutely! It doesn't provide any pleasure. I feel awful, bloated, and defeated after. There is no benefit to doing so either. It makes me fat, ruins my sleep, gives me terrible indigestion, and makes me miserable. The fact that I used to think I need it is a total lie and is not true at all.*
  
- ❑ What are five good things that happened to me today?
  1. *I got rid of all sugary and salty snacks which are addictive.*
  2. *I made a eating plan. I won't eat anymore or any less than what is planned.*
  3. *I told my family and friends about it, and they are supportive.*
  4. *I am finding other, more beneficial ways besides overeating to cope with pain.*
  5. *I did not overeat a single time today.*

## Overeating Example

### Evening Tasks

PM

- ❑ Make a checkmark on your progress calendar and then express gratitude to yourself because you are truly free and your bad habit doesn't control you anymore.
- ❑ Set a timer for five minutes, close your eyes, and imagine yourself telling the most important person in your life how it has been one year since you did your bad habit.
- ❑ Write down your goal of not doing your bad habit for a year. Write it in the past tense as if you have already accomplished it, and include the end date.

### My Goal:

- *I have not overeaten one time for an entire year by December 31st, 2023.*

### The Universal Truths

- ❑ Have I accepted that breaking this bad habit shouldn't take any willpower whatsoever, and in order to be truly free, I need to remove the desire altogether?
- ❑ Have I accepted that my bad habit is the cause and the reason for my pain, not the "relief" for it?
- ❑ Have I accepted that my craving or urge to do my bad habit is caused by the last time I did my bad habit, and if I do my bad habit again, I will never break this cycle?



## Gambling Example

### Morning Questions

AM

- ❑ What bad habit or addiction am I breaking?
  - *Gambling*
  
- ❑ Why do I want to break it? (List every reason)
  - *I could lose all my money.*
  - *I could literally lose the house, car and everything I own.*
  - *It has power over me, and I am not in control of myself.*
  - *All I think about is gambling.*
  - *I neglect other areas of my life because I would rather gamble.*
  
- ❑ What lies have I told myself in the past that have made me believe that it benefits me or makes my life better?
  - *That I can beat the odds.*
  - *That I can win.*
  - *That “next time” will be different.*
  - *That I enjoy it. I do not. I am miserable when I lose, and not even happy when I win.*
  - *That it is a “hobby.”*
  
- ❑ Have I accepted the truth that it does absolutely nothing for me and the pleasure or benefit I thought it brought me was an illusion and a lie?
  - *YES! It is absolutely not true. I don’t even like to gamble. When I lose, I am absolutely miserable, and when I win, I am not even happy. If I really enjoyed it, or it provided me with pleasure, I would be happy when I do it, but it doesn’t. I lose a lot of money for no reason, and I could have used that money on something else. There is no benefit. The odds are stacked against me. I cannot win over the long-term, and I don’t even enjoy it.*

## Gambling Example

### Morning Tasks

AM

- ☐ Text three people right now and tell them that you are so happy and grateful because you are finally free of your bad habit.
- ☐ Set a timer for five minutes, close your eyes, and imagine yourself telling the most important person in your life how it has been one year since you did your bad habit.
- ☐ Write down your goal of not doing your bad habit for a year. Write it in the past tense as if you have already accomplished it, and include the end date.

### My Goal:

- *I have not gambled a single dollar for an entire year by December 31st, 2023.*

### The Universal Truths

- ☐ Have I accepted that breaking this bad habit shouldn't take any willpower whatsoever, and in order to be truly free, I need to remove the desire altogether?
- ☐ Have I accepted that my bad habit is the cause and the reason for my pain, not the "relief" for it?
- ☐ Have I accepted that my craving or urge to do my bad habit is caused by the last time I did my bad habit, and if I do my bad habit again, I will never break this cycle?

## Gambling Example

### Evening Review

PM

- ❑ What bad habit or addiction am I breaking?
  - *Gambling*
  
- ❑ What is the single biggest reason that I want to break it?
  - *I lose a lot of money*
  
- ❑ What is the single biggest lie that I have told myself in the past that has made me believe that it benefits me or makes my life better?
  - *That is is a hobby and something I enjoy. It is neither of those things.*
  
- ❑ Have I accepted the truth that it does absolutely nothing for me and the pleasure or benefit I thought it brought me was an illusion and a lie?
  - *YES! It is absolutely not true. I don't even like to gamble. When I lose, I am absolutely miserable, and when I win, I am not even happy. If I really enjoyed it, or it provided me with pleasure, I would be happy when I do it, but it doesn't. I lose a lot of money for no reason, and I could have used that money on something else. There is no benefit. The odds are stacked against me. I cannot win over the long-term, and I don't even enjoy it.*
  
- ❑ What are five good things that happened to me today?
  1. *I blocked all online gambling apps and sites.*
  2. *I told my casino friends I am no longer going and to not invite me.*
  3. *I told my family about it and they were supportive.*
  4. *I am going to start going to the gym to fill my time instead of gambling.*
  5. *I spent the money I would normally spend gambling on some books to read.*

## Gambling Example

### Evening Tasks

PM

- ☐ Make a checkmark on your progress calendar and then express gratitude to yourself because you are truly free and your bad habit doesn't control you anymore.
- ☐ Set a timer for five minutes, close your eyes, and imagine yourself telling the most important person in your life how it has been one year since you did your bad habit.
- ☐ Write down your goal of not doing your bad habit for a year. Write it in the past tense as if you have already accomplished it, and include the end date.

### My Goal:

- *I have not gambled a single dollar for an entire year by December 31st, 2023.*

### The Universal Truths

- ☐ Have I accepted that breaking this bad habit shouldn't take any willpower whatsoever, and in order to be truly free, I need to remove the desire altogether?
- ☐ Have I accepted that my bad habit is the cause and the reason for my pain, not the "relief" for it?
- ☐ Have I accepted that my craving or urge to do my bad habit is caused by the last time I did my bad habit, and if I do my bad habit again, I will never break this cycle?