THE PROMISE MAP

What is it promising you?

> *"My promise went like this: if I can keep going and not ask for any of my needs to be met by other people, I will feel accepted, and I will finally get approval."*
>
> MATTER OVER MIND, CHAPTER 10

1 What I reach for

☐ drinking ☐ porn ☐ weed ☐ gaming ☐ sugar ☐ scrolling ☐ overworking ☐ spending

2 Where and when it lives

"Every habit has a home."

☐ late at night ☐ alone in the car ☐ after a fight ☐ when I'm bored ☐ when I'm exhausted

3 What it promises

Plain feeling words, not science. *It makes me feel...*

4 What was actually missing

Check the body first: sleep, food, movement, time alone. Then the rest: something I didn't say, somebody I wanted approval from, something I was trying to be for everybody.

5 Three barriers

Put distance and friction in the way, so you're not relying on willpower.

6 One real way to get it

"If you just quit something without replacing it, you're left with an uncomfortable void."

☐ Am I proud of it? Would I talk about it openly? ☐ Is it sustainable?

7 Who knows

Optional. One person who could know about this, or "nobody yet."

If you drink heavily every day or take benzodiazepines, opioids or other drugs daily, talk to a doctor before stopping. Stopping suddenly can be dangerous.

THE COMEBACK LOG

Not a streak. A record of coming back.

> *“Missing a day didn’t derail anyone. Coming back is what mattered.”*

DATE	WHAT HAPPENED	WHICH NEED HUNGRY · ANGRY · LONELY · TIRED	THE SMALLER NEXT REP

After a slip, three questions

1. Which one was it: hungry, angry, lonely or tired? 2. Which barrier wasn’t there? 3. What’s the smaller command? The next rep small enough that you’ll keep doing it.

“Shame is a lazy form of accountability.” A slip is information about a need that didn’t get met or a barrier that wasn’t there.