

BONUS #1

The 60-Second Victory Protocol

**A 5-Step Emergency Response for the Exact Moment
Temptation Hits — Before the Choice Is Made**

This protocol is designed to be used in real time — at night, alone, before your willpower even knows what is happening. Five steps. Under 60 seconds. Save it to your phone lock screen tonight.

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Why This Protocol Exists

Every relapse happens in a window of about 60 seconds.

The urge arrives. The brain fires its familiar signal. And before you have had a chance to think clearly — the pattern has already begun. By the time guilt shows up, the moment has passed.

Most people try to fight this with willpower. They white-knuckle through it, distract themselves, or pray desperately while already halfway into the loop. Sometimes it works. Most of the time, it doesn't — because willpower is slow, and the trigger is fast.

This protocol is not about willpower. It is about interruption.

"The urge is not a command. It is a signal. And signals can be interrupted — if you have a system ready before they arrive."

The five steps below have been designed to create a physical, mental, and spiritual interruption in that 60-second window. Each step has a specific purpose. Together, they break the loop before it completes.

Read this guide once carefully. Then save the quick-reference card on the last page to your phone. That card is the one you will use in the moment — not this explanation.

01

BODY INTERRUPT

Change Your Physical Position Immediately**Why this step:**

The urge is partly physical. Your body is in a posture — lying down, sitting in the dark, phone in hand — that your brain associates with the habit. That posture is part of the trigger.

What to do:

The moment you notice the urge, physically move. Stand up. Walk to a different room. Go outside if you can. Splash cold water on your face. Do five jumping jacks. It does not matter what you do — what matters is that you change your physical state within the first 10 seconds.

ACTION: Stand up and move to a different room right now.

This one step alone breaks the pattern for many people. The brain cannot easily maintain a dopamine-driven urge when the body is in motion and in a different environment.

02

MENTAL INTERRUPT

Say the Stop Word Out Loud

Why this step:

The inner voice that drives the urge runs silently in your head. Speaking out loud activates a different part of your brain and breaks the internal monologue.

What to do:

Choose a single word or short phrase and say it out loud — firmly, not desperately. Options: "No." "Stop." "Not today." "I am free." Say it once, clearly, out loud. Not in your head. Out loud.

ACTION: Say your stop word out loud right now. Choose one and keep it.

Pick your word now, before the moment arrives. Write it on a note on your phone. The goal is not to argue with the urge — just to interrupt the silence it runs in.

03

SPIRITUAL INTERRUPT

Fire Your Anchor Scripture

Why this step:

The urge speaks a language of comfort and escape. Scripture speaks a different language — one that reminds your spirit of who you actually are and what you are actually building.

What to do:

You need one scripture memorised — not a chapter, one verse. Something short enough to say in five seconds. Say it out loud immediately after your stop word. Do not search for it. It must already be in you.

ACTION: Choose your anchor scripture now. Write it here: _____

Recommended options: "I can do all things through Christ who strengthens me." (Phil 4:13) | "No temptation has overtaken you except what is common to mankind." (1 Cor 10:13) | "It is for freedom that Christ has set us free." (Gal 5:1)

04

ENVIRONMENT INTERRUPT

Change Your Location

Why this step:

Most relapses happen in one specific location — usually a bedroom or bathroom, alone, at night. That location is part of the trigger. Your brain has learned to associate that space with the habit.

What to do:

After moving and speaking, physically leave the high-risk space. Go to the living room. Step outside your front door for 60 seconds. Sit in the kitchen with the light on. The location shift tells your brain the loop has been disrupted.

ACTION: Identify your highest-risk location now: _____ Identify where you will go instead: _____

You do not need to stay out forever. Even 5 minutes in a different space is enough to break the momentum. Most urges peak and pass within 90 seconds if not fed.

05

CONNECTION INTERRUPT

Send One Text to Your Accountability Contact

Why this step:

The urge thrives in isolation and secrecy. The act of reaching out to another person — even just sending a message — breaks the isolation and brings another presence into the moment.

What to do:

You do not have to explain everything. A single message is enough. "Pray for me right now." "Having a hard moment — pray." "Need accountability check-in." The content matters less than the act of breaking the isolation. Send it within the first 90 seconds.

ACTION: Save your accountability contact in your phone now as: "Victory Contact"

If you do not yet have an accountability contact, the Freedom Code Africa Telegram group is available to you. Post a prayer request there. Someone will respond. You do not have to be specific.

What Happens After the 60 Seconds

If you have run all five steps, you have done something powerful. The loop has been interrupted. But the next few minutes still matter — because the urge does not always disappear immediately. It may try again.

Give it 90 seconds

Most urges peak and pass within 90 seconds if you do not feed them. Stay in your new location. Keep moving if you need to. Do not return to the high-risk space yet.

Do not negotiate

The inner voice may try to bargain. "Just this once." "You already broke your streak anyway." Do not engage with it. You do not need to argue — just stay with your five steps.

Write one sentence in your journal

After the urge passes, write one sentence about what triggered it. "I was stressed about work." "I was lonely." "I was bored at 11pm." This is how you learn your pattern.

Thank God for the win

Even a small victory is a victory. Say a simple thank-you. Not a long prayer — just acknowledgement. "Thank you. I made it." This rewires your spiritual identity over time.

Check in with your accountability contact

If you texted them in Step 5, follow up. "Made it. Thank you." Closing the loop matters.

QUICK REFERENCE CARD

Save This Page to Your Phone Lock Screen

01

BODY

Change your physical position. Stand up. Move.

02

MIND

Say your stop word out loud. "No." "Not today."

03

SPIRIT

Say your anchor scripture out loud.

04

SPACE

Leave the high-risk location immediately.

05

CONNECTION

Text your accountability contact right now.

"The urge is not who you are. It is a pattern. And this protocol breaks it."

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For accountability support, join the private Telegram group included with your purchase.