

FOUR PROTOCOLS

The ReWIRE Integrity Pack

Become the safe man who can be trusted again

WHO THIS IS FOR

Men in recovery from compulsive sexual behavior who are done defending, deflecting, and over-explaining, and ready to rebuild trust starting with their own word.

WHAT IT IS

Four protocols: the Lie Inventory, the 3-2-1 Integrity Audit, the Hard Conversation Protocol, and the 7-Day Truth Practice. These are the frameworks and tools I use to help men rebuild integrity from the inside out.

HOW TO USE IT

Work through the protocols in order, in your own handwriting, one at a time. Then run the 7-Day Truth Practice again next week, and the week after. This work compounds in reps. You can do it solo, or go deeper working with me 1:1 or inside my ReWIRE men's group.

To learn more about my ReWIRE men's group or private coaching,

reach out at hello@ilysecraft.com.

Read This First

Let me say the most important thing first. This is not about shame. Shame is the gasoline that has been fueling these patterns for years, and pouring more on the fire is not a strategy. This is about seeing clearly, because you cannot change what you refuse to look at.

Here is the reframe this whole pack is built on. Integrity is not a morality issue. It is a nervous system issue. Every time you break a promise to yourself, your brain logs it as evidence. Do it for years and your own word becomes noise to your own nervous system. The reason you feel like a fraud is not because you are a bad man. It is because you are sitting on years of data that your word does not predict your behavior. That is the actual wound. Not the drinking, the lying, the avoiding, the scrolling. Those are symptoms. The wound is that you stopped believing yourself.

The good news is that the record is rebuildable, and it rebuilds the same way it broke. One kept promise at a time. That is what these four protocols are for. The first two show you the machinery. The second two put your hands on it.

A few rules for the work. Write plainly. No stories, no explanations, no justifications. The story is the escape hatch, and every man here knows how to use it. Short true sentences only. If your answer is longer than two lines, you are probably negotiating.

How to use this pack. Work the protocols in order. One and two are diagnostic, three and four are practice. Do this alone first, in writing, by hand if you can. And do it where no one is watching, because the version of you that performs for an audience is exactly the version we are retiring.

Four Protocols, One Job

The job is rebuilding your credibility with yourself. Each protocol narrows the focus, from the patterns, to the self-negotiation underneath them, to the one conversation you are avoiding, to the daily reps that build the new record.

01

THE LIE INVENTORY

Map the lies without the stories around them. Every lie points directly at what you believe you have to hide to be loved, respected, or left alone.

02

THE 3-2-1 INTEGRITY AUDIT

An audit of self-negotiation. Three broken promises to yourself, two places your actions contradict your values, one conversation you are avoiding.

03

THE HARD CONVERSATION PROTOCOL

The avoided conversation is running your life from the shadows. This is the five step protocol for saying the thing and surviving it.

04

THE 7-DAY TRUTH PRACTICE

Self-trust rebuilds the same way it broke, one rep at a time. Seven days of small kept promises and chosen truth.

You are doing this on your own, but it was built for a room of men, because these patterns grew in secrecy and they die in honest company. More on that at the end.

PROTOCOL

OI

The Lie Inventory

You cannot change what you do not understand. This is a map of the machinery, not a list of crimes.

What Your Lies Are Protecting

Every lie is a confession of what you believe you cannot survive.

You do not lie because you are a liar. You lie because somewhere along the way you concluded that the truth costs more than you can pay. That is why this inventory is not a list of crimes. It is a map of fears. What you lie about points directly at what you believe you have to hide to be loved, respected, or left alone. Read your own inventory that way and it stops being a confession and starts being intelligence.

Here is the brain science you need to know before you start. Researchers have watched what happens in the brain when people lie repeatedly, and the alarm response gets quieter every time. Lying gets easier with reps. That is not character decay. That is neural adaptation, the same process that makes anything easier with practice. Which means you cannot wait until lying feels wrong to stop, because the feeling is the first thing that goes. You have to work from the inventory, not the alarm.

One more thing. Concealment is not free. A kept secret runs like an app in the background, and your body pays for the processing daily. The vigilance, the story management, the tracking of who knows what. Most men in this work report the same surprise. The exhaustion was not their life. It was the upkeep.

Six questions per lie. The body question matters most, because your body kept the record even when your story did not.

This is not about shame. It is about seeing clearly.

Lie One

Write plainly. Short true sentences. If your answer runs long, you are negotiating.

What was the lie?

Who did it impact?

What is the cost of the lie?

What was I afraid of, or avoiding, by lying?

What did I feel in my body when I lied?

What is the truth?

Lie Two

Write plainly. Short true sentences. If your answer runs long, you are negotiating.

What was the lie?

Who did it impact?

What is the cost of the lie?

What was I afraid of, or avoiding, by lying?

What did I feel in my body when I lied?

What is the truth?

*More than two lies? Run the same six questions on the next page,
then read your map.*

More Lies

Write plainly. Short true sentences. If your answer runs long, you are negotiating.

What was the lie?

Who did it impact?

What is the cost of the lie?

What was I afraid of, or avoiding, by lying?

What did I feel in my body when I lied?

What is the truth?

*More still? Run the same six questions on your own paper,
then read your map on the next page.*

Read Your Own Map

Look across both lies before answering. The pattern is the point. The individual lies are just data.

What pattern do I notice across my lies?

What am I consistently protecting, avoiding, or trying to control?

What does my lying tell me about what I believe I have to hide?

What would it mean if the people around me saw me clearly?

Name one specific thing that becomes possible when I choose truth.

PROTOCOL

02

The 3-2-1 Integrity Audit

An audit of self-negotiation. Three broken promises, two misalignments, one avoided conversation.

The Credibility Problem

You do not have a discipline problem. You have a credibility problem with yourself.

Every man arrives at this work convinced he needs more willpower. He does not. Willpower is not the missing ingredient, credibility is. Your brain decides who you are based on evidence, not intention, and every broken promise to yourself is a vote for an identity that says my word means nothing. Cast that vote daily for a decade and no amount of motivation on a Monday morning outvotes the record.

That is what this audit measures. Not your failures, your negotiations. Because the promise never just breaks. It gets negotiated down, one reasonable-sounding story at a time. I will start Monday. This week is unusual. One more will not matter. The story is the mechanism, which is why this audit hunts the story, not the behavior.

The structure narrows on purpose. Three broken promises shows you the pattern. Two misalignments shows you the values the pattern is violating. One avoided conversation shows you where all of it is currently concentrated. By the last page you will be looking at one thing, and it will be the right thing.

Complete this audit before moving on. Write plainly no stories no over explaining.

Promises I Made to Myself and Broke

Not the promises you made to other people. The ones you made in private, where the only witness was you.

Promise 1

The promise I made to myself

How I broke it, the specific behavior

How long this has been happening

Promise 2

The promise I made to myself

How I broke it, the specific behavior

How long this has been happening

The Third Promise, and the Story

Promise 3

The promise I made to myself

How I broke it, the specific behavior

How long this has been happening

After all three. What is the story I tell myself that allows these broken promises to continue?

This question is the entire audit. The behavior is downstream of the story. Find the story and you have found the lever.

Places I Am Out of Alignment

Example. The value I claim is honesty in relationships. The action that contradicts it is withdrawing when I am overwhelmed instead of saying so. Who is impacted is my partner, and my trust in myself.

Misalignment 1

The value I claim to live by

The action that contradicts it

Who is impacted

Misalignment 2

The value I claim to live by

The action that contradicts it

Who is impacted

What core belief makes this misalignment feel necessary or justified?

The Conversation I Am Avoiding

There is always one. The audit has been narrowing toward it the whole time.

Who the conversation is with

What I would need to say

What I imagine would happen if I said it

What identity am I protecting by avoiding this conversation?

The nice guy. The strong one. The one who has it handled. Name him, because he is the one doing the avoiding.

The final question. What is the cumulative cost of continuing these patterns?

Not today's cost. The ten year cost. Write it like you mean it, because you are currently paying it.

PROTOCOL

03

The Hard Conversation Protocol

The conversation you are avoiding is running your life. This is how you take it back.

The Open Loop

Avoidance does not park the conversation. It puts the conversation in charge.

Here is what no one tells you about the conversation you are not having. You think avoiding it contains it. It does the opposite. Your brain treats an unsaid truth as an open threat loop, and open loops do not close themselves, they hum. That low grade vigilance you carry, the shortness with your kids, the third drink, the hours of scrolling. A lot of it is the hum of one unsaid sentence.

And here is the part that should genuinely change your math. The anticipation is almost always worse than the event. Your brain runs the imagined version on a loop, worst case, maximum damage, every night at 2am. The real conversation usually takes ten minutes and almost never goes the way the 2am version does. You are paying premium rates for a catastrophe that mostly does not arrive.

Protocol Two found your conversation. This protocol gets it said. Five steps, in order, and the first one happens alone with a pen.

How to Say the Thing

STEP ONE • WRITE THE ONE SENTENCE

The whole conversation, reduced to one true sentence. If you cannot say it in one sentence, you are still hiding in the story. *I have been lying about money. I am not okay and I have been pretending I am. I have been drinking more than you know.* One sentence. Write it before you say it.

STEP TWO • NAME THE FEAR FIRST, ALONE

Finish this out loud to yourself. I am afraid that if I say this, then. Naming the fear takes a measurable amount of its charge away, and it stops the fear from steering the conversation from the back seat.

STEP THREE • OPEN WITH THE FRAME, NOT THE APOLOGY

Do not open with sorry, open with why. *I need to tell you something that is hard for me to say, and I am telling you because I am done managing you instead of being honest with you.* The frame tells them what this moment is. Without it, they have to guess, and people guess catastrophes.

STEP FOUR • SAY THE SENTENCE, THEN STOP

Say it. Then close your mouth. No backfilling, no softening, no explaining it into a smaller shape. The silence after a hard truth feels unbearable for about ten seconds. Let it be unbearable. That silence is the other person actually hearing you, possibly for the first time in years.

STEP FIVE • HOLD THEIR RESPONSE WITHOUT DEFENDING

Their reaction is information, not a verdict on whether honesty was right. Hurt, anger, silence, questions. You can hold all of it without arguing with any of it. You spent years protecting yourself from this moment. Now your only job is to stay in it.

Your Conversation, On Paper First

Fill this in completely before you have the conversation. The prepared version of you shows up calmer than the avoidant one.

Who the conversation is with

The one sentence

Rewrite it until it is true, plain, and yours. No softeners, no on-ramps.

I am afraid that if I say this, then

My opening frame

Why you are telling them, in your own words.

When I will have it, date and place

A conversation without a date is a conversation you are still avoiding. Write the date.

PROTOCOL

04

The 7-Day Truth Practice

Self-trust rebuilds the same way it broke. One rep at a time, witnessed by no one but you.

Rebuilding the Record

Your nervous system does not care how big the promise is. It only cares whether you kept it.

Most men try to rebuild self-trust with a grand gesture. The dramatic vow, the total overhaul, the new man by Monday. It fails almost every time, and now you know why. The record. A nervous system holding years of broken-word evidence does not believe big promises, it has been burned by them specifically. What it believes is reps.

So this practice runs on a rule that will feel almost insulting. Pick a promise so small it is nearly embarrassing. Ten pushups. Phone out of the bedroom. In bed by eleven. The size does not matter to your brain. The keeping does. Every kept promise is a vote for the identity of a man whose word predicts his behavior, and identity is just the election you keep winning.

Each day has two reps. One kept promise to yourself, the same one all seven days. And one moment of chosen truth, a place where you said the true thing you would normally manage, soften, or skip. It does not have to be dramatic. Actually, I am not fine today counts. Telling your buddy no without the fake excuse counts.

Track what you notice in your body, because that is where the new record registers first. Most men feel it by day four. A little more ground under the feet. That is not a mood. That is credibility, returning.

Seven Days, Two Reps a Day

My one small promise for the week

Small enough that breaking it would be a choice, not an accident.

Day 1

PROMISE KEPT?

THE TRUTH I CHOSE / WHAT I NOTICED IN MY BODY

Day 2

PROMISE KEPT?

THE TRUTH I CHOSE / WHAT I NOTICED IN MY BODY

Day 3

PROMISE KEPT?

THE TRUTH I CHOSE / WHAT I NOTICED IN MY BODY

Day 4

PROMISE KEPT?

THE TRUTH I CHOSE / WHAT I NOTICED IN MY BODY

Day 5

PROMISE KEPT?

THE TRUTH I CHOSE / WHAT I NOTICED IN MY BODY

Day 6

PROMISE KEPT?

THE TRUTH I CHOSE / WHAT I NOTICED IN MY BODY

Day 7

PROMISE KEPT?

THE TRUTH I CHOSE / WHAT I NOTICED IN MY BODY

Patterns Die in Honest Company

You just did something most men never do. You looked at the machinery without flinching and you wrote it down in your own hand. That matters, and I am not going to undersell it.

But I owe you one more piece of honesty, because that is the deal here. This work has a ceiling when it stays private. Every pattern you just mapped grew in the same habitat, secrecy. The lies, the broken promises, the avoided conversation, all of it survived because no one was in the room. Which means the room is part of the cure. Not an audience to perform for. A handful of men who have read their own inventory and cannot be fooled by yours.

That is what ReWIRE is. A men's group built on exactly this work, where the protocols you just ran solo get run in company, and where your word starts meaning something to other people at the same time it starts meaning something to you.

Either way, run the 7-Day Practice again next week. And the week after. The record does not rebuild in a weekend. It rebuilds in reps, and you now know how to do a rep.

Ready for the room?

ReWIRE is my men's group for exactly this work. Before you join, we'll have a free 20-minute call so I can make sure the group is the right fit, because the room only works if every man in it is serious. To book your call, send an email to hello@ilysecraft.com. And for more of this approach, listen to A Changed Life Podcast.