



THE STRUCTURE

(Habit Awareness → Mind Training → Behaviour Change)

For people struggling with compulsive habits
(porn, phone, food, overthinking)

◆ WHY STRUCTURE IS NEEDED (Context)

Discipline alone doesn't work.

Aap kitna bhi discipline bana lo,
lekin **mind ke sochne ka structure change nahi hua**,
toh jab aap:

- akele ho
- low phase mein ho
- emotional ho
- intoxicated ho

mind automatically **purane vasna ke loop** mein chala jaata hai.

Isliye willpower nahi, **SYSTEM chahiye**.

◆ CORE PRINCIPLE (Yoga Shastra)

अभ्यासवैराग्याभ्यां तन्निरोधः ॥

Yoga Sutra 1.12

☞ Mind ke fluctuations **abhyāsa (practice)** aur **vairāgya (detachment)** se hi control hote hain.

Suppression se nahi.

Motivation se nahi.

Sirf **structure + repetition** se.

□ THE 3-PART STRUCTURE

□ STEP 1: HABIT KO PEHCHAANO (Awareness Phase)

Truth:

Porn addiction desire nahi hai —
yeh **habit + lifestyle pattern** ban chuka hai.

📅 Daily Tracking (5 minutes)

Roz raat ko likho:

- Aaj urge kab aayi?
- Kis emotion ke baad aayi?
 - boredom
 - loneliness
 - stress
 - anxiety
- Time kya tha?
- Location kya thi?

👉 Goal: **Judge nahi karna**, sirf observe karna.

🧠 Neuroscience:

Awareness activates **prefrontal cortex**, jo impulsive brain (limbic system) ko weaken karta hai.

□ STEP 2: SUPPRESSION NAHI, REDIRECTION (Mind Training Phase)

Galti kya hoti hai?

- Desire ko daba dete ho
- 30–90 din control
- Phir ek low emotional day
- Mind control chhod deta hai

👉 Desire energy hai.

Use **redirect** karna hota hai, destroy nahi.

🔄 Replacement Protocol (VERY IMPORTANT)

Jab bhi urge aaye:

Choose **one fixed replacement** (daily same):

- 20 deep slow breaths
- 10 pushups / squats
- Cold water on face
- Walk + mantra repetition

ॐ *Rule:*

Same action, every time.

Isse brain naya neural loop banata hai.

🌀 **STEP 3: MIND KO STRUCTURE DO (System Phase)**

Aapke mind ko **process chahiye**, motivation nahi.

🏠 **Daily Structure (Simple)**

Morning (5–10 min)

- Phone se pehle:
3 deep breaths + intention
“Aaj main urge ka slave nahi hoon.”

Daytime

- Physical movement daily (minimum 20 min)

Night (MOST CRITICAL)

- Screen cut-off time fix
- Phone bed se door
- 3-line reflection:
 - Aaj kya acha kiya
 - Kab weak hua
 - Kal kya better karunga

🔑 Yeh structure:

- confusion hata deta hai
 - effort ko efficient banata hai
 - relapse ke chances kam karta hai
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GOLDEN RULE

Low phase mein **decision mat lo**.
Decision structure ke through pehle hi liya jaata hai.

Jab mind low hota hai,
tab system kaam karta hai.

FINAL MESSAGE

Agar aap sirf “chhodna” chahte ho, toh relapse hoga.
Agar aap **structure banaoge**, toh identity change hogi.

Thank You
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