PURPOSE OVER PENSION · FREE GUIDE

THE FIRST RESPONDER RESET

The 5 shift triggers that pull good cops into lust and porn, and your first 7 days out.

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WHY I WROTE THIS

MY THOUGHTS WERE NOT A SAFE PLACE TO BE

I did 17 years with the NYPD. From the outside I had it together. Badge, family, respect on the job.

> I was secretly addicted to pornography. The odd shifts left me isolated before work, after work, alone with my thoughts, and my thoughts were not a safe place to be.

I knew the cycle better than any case I ever worked. The shame, the hiding, the trying to stop and failing over and over again. Trying to willpower it.

And nobody talked about it. As a police officer, we're taught to just suck it up and keep it pushing, or you're soft. So you carry it alone. In the car, in the locker room, in bed next to your wife.

Here is what I learned. God did not just take the addiction away from me. He walked me through it, through brothers who were willing to be honest with me.

> Almost two years free. Not by willpower, but by the grace of God, the truth of His word, and men who refused to let me stay stuck.

This guide is for the officer, firefighter, medic or dispatcher who is where I was. You are not the problem. Secrecy is. Let's get it out in the open.

PART 1

THE 5 SHIFT TRIGGERS

Every guide out there talks to "men". You are not just men. The job sets you up in ways a desk job never will. Learn your triggers like you would learn a post.

1 THE DRIVE HOME AFTER A LATE TOUR

4 to 12, midnight tour, overtime you never asked for. Everybody at home is asleep. You are wired, alone, and the phone is right there.

Your move: plan the last 30 minutes of every tour before it starts. Call a brother on the drive, put on worship or a podcast, and walk straight to bed.

2 AFTER A BAD CALL

You see things nobody should see, then you clear the job and take the next one. The trauma doesn't go away. It looks for a way out. Alcohol, cigarettes, gossip, pornography. You feel like crap afterwards and guilty.

Your move: name the call out loud to one person the same day. What you don't process, you medicate.

3 THE PHONE IN BED

2 a.m., can't sleep, scrolling "just to wind down". You already know where that ends.

Your move: the phone charges in the kitchen. Buy a $10 alarm clock. This one change kills half the battles before they start.

4 HUNGRY, ANGRY, LONELY, TIRED

The job keeps you in all four at once. Skipped meals, a boss on your back, no time for church or your men's group, no sleep. That is when lust walks in.

Your move: before and after every tour, ask: am I hungry, angry, lonely or tired? Fix the one you can, right then.

5 THE COP CODE

"Suck it up." "Keep it pushing." "Don't be soft." Add the fear of getting jammed up or IA finding out, and you have the perfect place for a secret to grow.

Your move: pick one man you trust, outside your command if you need to. Secrecy is the stronghold. Telling one brother breaks it.

PART 2

YOUR FIRST 7 DAYS OUT

Not a 90-day promise. One week. Do these seven things in order and you will know more about your fight than years of trying to willpower it.

DAY 1

TELL ONE BROTHER

One text: "I'm fighting lust and I need someone to check on me." That's it. You don't need the whole story yet.

DAY 2

PHONE OUT OF THE BEDROOM

Charger in the kitchen. Alarm clock by the bed. Delete the apps you already know are a problem.

DAY 3

MAP YOUR TOUR

Write your next 7 days of shifts. Circle every window where you will be alone and wired. Those are your posts to guard.

DAY 4

TWO PAGES A NIGHT

Two pages of the Bible before bed. Start with the New Testament. This is what turned it around for me.

DAY 5

CHECK IN BEFORE AND AFTER

Hungry, angry, lonely, tired. Ask it in the car before the tour and again in the driveway after.

DAY 6

LEAVE THE JOB IN THE CAR

Before you walk in the door, sit for two minutes. Pray, breathe, take off the uniform in your head. Walk in as husband and father.

DAY 7

GET IN A ROOM WITH MEN

Church, a men's group, a call with your brother from Day 1. Look back at the week: which trigger showed up, and what did you do? Write it down. That is your case file.

PART 3

WHEN YOU SLIP

You probably will. I did. Here is what matters: what you do in the next hour.

Don't hide it. Shame wants you alone. Text your brother the same day. Hiding is how one slip turns into a month.

Don't make the promise. "That was the last time" is the promise every officer makes after the third relapse. Promises are willpower. Willpower already lost.

Look at the case. Which of the 5 triggers was it? What time? What shift? Every slip is evidence. Use it.

> What if it was my daughter doing these acts?

That question changed how I saw all of it. The women on that screen are somebody's daughters.

Families don't have to break up over lust and pornography. That is my assignment, and it's why I do this.

READY TO GO FURTHER?

THE 30-DAY RESET WORKBOOK

30 days, one page a day, built for shift work. Equip yourself in the armor of the Lord, one tour at a time.
purposeoverpension.org/workbook

12-WEEK 1:1 COACHING WITH ME

For the first responder who is done fighting this alone. Apply here, I read every application myself.
purposeoverpension.org/apply