

THE 48-HOUR OFFENSIVE: THE ALTAR'D RESET TO FREEDOM

THE FOUNDATION: YOUR SUPPORT LIST

MISSION: *Before you touch a single setting or bag a single item, build your wall.*

Identify 3 to 5 safe, steady men, including a mentor or pastor. Share your plan and ask for daily check-ins for 7 days. Establish the rules: Listen first, no advice unless asked, no contact with the narcissist, and no message relays. Create a group text named **SUPPORT LIST**, pin it to the top, and add one backup person.

DO NOT SKIP THIS. You are in a battle; you do not go into a battle without a squad.

DAY 1: THE DIGITAL POWER UP

MISSION: *Cut every digital pathway. End the supply, the surveillance, and the spin.*

WHY NOW Social media is bait. It fuels rumination and hoovering. You cannot heal while you are still watching "The Show." **The devil keeps you from prayer by keeping you on your phone.** If you are looking at her, you aren't looking at God.

LEVEL ONE: DIGITAL CUT OFF

Phone: Call the carrier to block at the source first. Then delete. Remove custom ringtones/IDs.

Messaging Apps: Block her on WhatsApp, Telegram, and Signal. **Delete the chat history completely.** Turn off "Last Seen" and "Read Receipts."

Social Media: Block her and all flying monkeys. Mute mutuals. Disable "Memories" for 90 days.

Accounts: Disable location sharing and change passwords on shared accounts.

THE HOOVER DEFENSE & ACCOUNTABILITY

Deliveries: Tell the front desk or receptionist to have someone else receive any package. Let that trusted person decide what to do with it. **Do not touch it.**

If You Have Kids: Use a third party for everything. Communicate **only via email** and **CC: a support group person**. This holds you accountable.

Fake Emergencies: She will manufacture a crisis. Route all info through your Support List to verify.

Attorney/Legal: Forward all correspondence to your attorney or your stored legal file immediately.

SCRIPTS FOR THE DEFENSE *Memorize these. Do not explain. Do not justify. Deliver the line and end the conversation.*

To Family/Friends: "I've closed that chapter for my own peace. I'm not discussing her or the situation anymore. Let's talk about something else."

To Gossip-Links: "Stop right there. I don't want to know what she's doing or where she is. That information is no longer relevant to my life."

GAME RULES

1. **NO CONTACT / NO CHECKING / NO RESPONDING.**
2. **DON'T BE AN IDIOT.** One look is all it takes to reset your progress to zero.
3. **NO DRINKING ALCOHOL.** Stay sharp. Stay sober.

DAY 2: THE TRIGGER SWEEP & ROUTE REBUILD

MISSION: *Identify and remove "Anchors." Clear the house and the commute to clear the head.*

THE PHYSICAL PURGE Clear nightstands, closets, car console, and bathroom. Using heavy trash bags, remove clothing, jewelry, photos, gifts, and anything carrying their **SCENT**. Put it in the trunk and deliver to trash or donation today.

LEGAL DOCUMENTS Do not let these be a visual trigger. **Keep legal docs out of sight.** Store them with a trusted friend or in a storage unit if available. Get them out of your personal living space.

THE EXTERNAL SWEEP: THE COMMUTE

IDENTIFY DANGER ZONES: List the locations where she is likely to be (gym, coffee shop, work).

CHANGE THE ROUTE: Even if it adds 10-15 minutes, drive a completely different route to work.

DON'T BE PREDICTABLE: Changing your route **Alters your thinking**. It forces your brain to engage with the present instead of the past.

NEW SCENERY: Take back control of your eyes. Stop scanning for vehicles like hers.

REBUILD THE SPACE

THE ALTAR: Post your identity statement on the mirror: **NO MORE NAILS.**

SCENT: Introduce a new, clean scent (Cedar/Sandalwood) to break the memory link.

MOTION: Clear the floor for morning pushups. **Get on your knees.**

LIGHT: Open the curtains. Stop living in the dark.

RITUAL OF RELEASE Write one sentence of closure. Say it out loud: *"I release you to God. I release myself to peace."* Tear the paper and discard it.

CHAIN BREAKER QUESTIONS

- Which object hit me hardest and why?
- What story did that object keep alive?
- **What is the one thing I'm holding onto that is a nail that holds me?**
- **Am I driving the old route just to "see"? If so, stop being an idiot.**

"NO MORE NAILS. WHAT HELD ME DOES NOT HOLD ME."