



DON'T PANIC

The 10-Day Protocol

*Ten days to find what keeps
running you, and where it started.*

JOINDONTPANIC.COM

I said it on the reel and I meant it. You're not getting the relationship, the work or the place you want while the same loop keeps dragging you back to the same spot. You can change the city. You can change the job. If the root never gets touched, it comes with you.

Most men spend years on the symptom. A weekend out. A new program. Another Monday restart. It eases for a night, then the pattern runs again, because nobody ever looked at what's underneath it. I ran the same loops for years before I did.

This is ten days of looking. Days 1 to 3 you catch the loop. Days 4 to 6 you follow it back to where it started. Days 7 to 9 you start rewriting it. Day 10 you read back everything you found.

Ten days won't clear a lifetime of patterns, and anyone who tells you otherwise is selling something. Ten days is enough to get what's stuck in your mind and in your field down on paper, in your own handwriting, where it can't hide. Everything after that starts there.

How to run it

- **One day per day.** Same time if you can. Night works.
- **Alone.** Phone in another room.
- **Pen and paper.** Not your notes app. Keep one notebook for all ten days. You'll need every page on Day 10.
- **Breathe first, every day.** The 4-8 breath: in through the nose for 4, out through the mouth for 8. Eight rounds. You go into this regulated or you don't go in.
- **The first answer is usually the guard.** Write it anyway. Then ask what's under it.
- **Miss a day, pick up where you left off.** Never restart from Day 1. The Monday restart is one of the loops.

This is self-work, not therapy and not crisis care. If something opens that's bigger than you expected, stop, breathe, and come back tomorrow. If you need someone right now, call or text 988 (US and Canada), any hour. More below.

DAYS 1 TO 3 · SEE THE LOOP

DAY 1	The replay
DAY 2	Name your pattern
DAY 3	What it pays you

DAYS 4 TO 6 · TRACE IT TO THE ROOT

DAY 4	Where it lives
DAY 5	The first time
DAY 6	The sentence underneath

DAYS 7 TO 9 · REWRITE IT

DAY 7	Say it to them
DAY 8	Catch it live
DAY 9	The new rule

DAY 10 · BRING IT HOME

DAY 10	Read it back
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DAYS 1 TO 3

See the loop

DAY 1

The replay

DAY 2

Name your pattern

DAY 3

What it pays you

DAY 1

The replay

WHY IT MATTERS

A loop hides inside normal days. You don't see it because you're inside it. Before anything changes, you have to catch it once, on paper, in plain words.

THE PRACTICE

Breathe first. Then go back over the last seven days and find three moments where your reaction was bigger than the moment. The text you sent. The snap at someone who didn't deserve it. The night you went quiet, or went out, or went numb. For each one, write four lines: what happened, what you felt, what you did, and two numbers from 1 to 10: how big the moment was, and how big your reaction was.

WRITE

Which of the three still has a charge when you think about it now?

CARRY IT

When the reaction is bigger than the moment, the moment isn't what you're reacting to.

Name your pattern

WHY IT MATTERS

Under pressure, most men fall into one of four defaults. They got laid down early and they run on autopilot. A pattern you can name starts losing its grip. One you keep denying runs your whole life.

THE PRACTICE

Breathe first. Read these four slowly. You're looking for the one that makes you wince, not the one that sounds best.

The Reactor. Anger with no aim. Blowing up, burning bridges, picking the fight for the release. Underneath: *I only matter when I'm fighting something.*

The Ghost. Shutting down. Going silent, disappearing, numbing it with screens, work, a drink, porn, anything that makes the inside quiet. Underneath: *if I'm actually here, I'll get hurt.*

The Pleaser. Yes when you mean no. Keeping everyone comfortable while you go without. Underneath: *I'm only worth something if people approve of me.*

The Child. Sulking, spinning out over small things, going quiet and waiting for someone to notice. Underneath: *I'm not safe unless someone takes care of me.*

Most men have a main one and a backup. Pick both. Then go back to your three moments from Day 1 and label each one.

WRITE

When I'm tired, stressed or threatened, I become _____. The last time it ran me was _____. The person who sees it most is _____.

CARRY IT

Nobody's born with one of these. You learned it.

What it pays you

WHY IT MATTERS

No loop survives unless it pays you something. Relief for a night. A feeling of control. Not having to feel the thing underneath. Until you see the payout, you'll keep calling it a bad habit and keep running it.

THE PRACTICE

Breathe first. Take your pattern and draw it as a circle on one page with five stops: what sets it off, what you feel in the first second, what you do, what you get right after, and what it costs you by the next day. Then draw it again for a different time it ran. Put the two side by side. The stops will match more than you want them to.

WRITE

What does this loop get me that I'm scared to go without? What has it cost me this year? Name a person, a chance, a night.

CARRY IT

If it takes a weekend to fix it, the weekend isn't fixing it.



DAYS 4 TO 6

Trace it to the root

DAY 4

Where it lives

DAY 5

The first time

DAY 6

The sentence underneath

Where it lives

WHY IT MATTERS

The loop doesn't start in your head. It starts in your body, a second before the thought. Tight chest, hot face, a drop in the gut. Your body has been holding this the whole time. Today you feel it on purpose instead of running from it.

THE PRACTICE

Breathe first. Sit with both feet flat. Bring back the moment from Day 1 that still has the most charge and let it play like you're there. Now find it in your body: chest, throat, jaw, gut, shoulders. Put a hand on that spot. Stay with it for ninety seconds. Don't fix it, don't explain it, don't leave. It will rise, it will peak, and it will drop. When it drops, four more rounds of the 4-8 breath.

WRITE

Where did it sit? What did it feel like, in plain words: size, heat, weight? What did it want me to do?

CARRY IT

You don't beat it. You outlast it.

The first time

WHY IT MATTERS

The feeling you met yesterday is older than whatever set it off. A spilled coffee doesn't start a fire. It lands on something that was already burning. Today you follow the feeling back to where it started.

THE PRACTICE

Breathe first. Bring yesterday's feeling back, same spot in the body. Then ask one question and let the answer come to you instead of thinking it up: *when have I felt exactly this before?* Write down the memory that shows up. Then ask the same question about that memory. Keep going back until you reach the earliest one you can find. Don't force it. Sometimes it's a clear scene. Sometimes it's just a house, a room, a face. That's enough.

If something opens that's bigger than you expected, stop there. Breathe. The memory will still be there tomorrow.

WRITE

How old was I? Where was I? Who was there? What did I decide about myself that day?

CARRY IT

When it hits, ask it: is this happening now, or is this then?

The sentence underneath

WHY IT MATTERS

Whatever happened back then, you walked away with a sentence about yourself. I'm too much. I'm not enough. Nobody's coming. You've repeated it so long it doesn't sound like a story anymore. It sounds like fact. That sentence is the root. The loop is how it protects itself.

THE PRACTICE

Breathe first. Finish each line fast, the first thing that comes, no editing:

I am...

If people really knew me, they would...

Love means...

Men like me...

When I need something...

I can't because...

I deserve...

The world is...

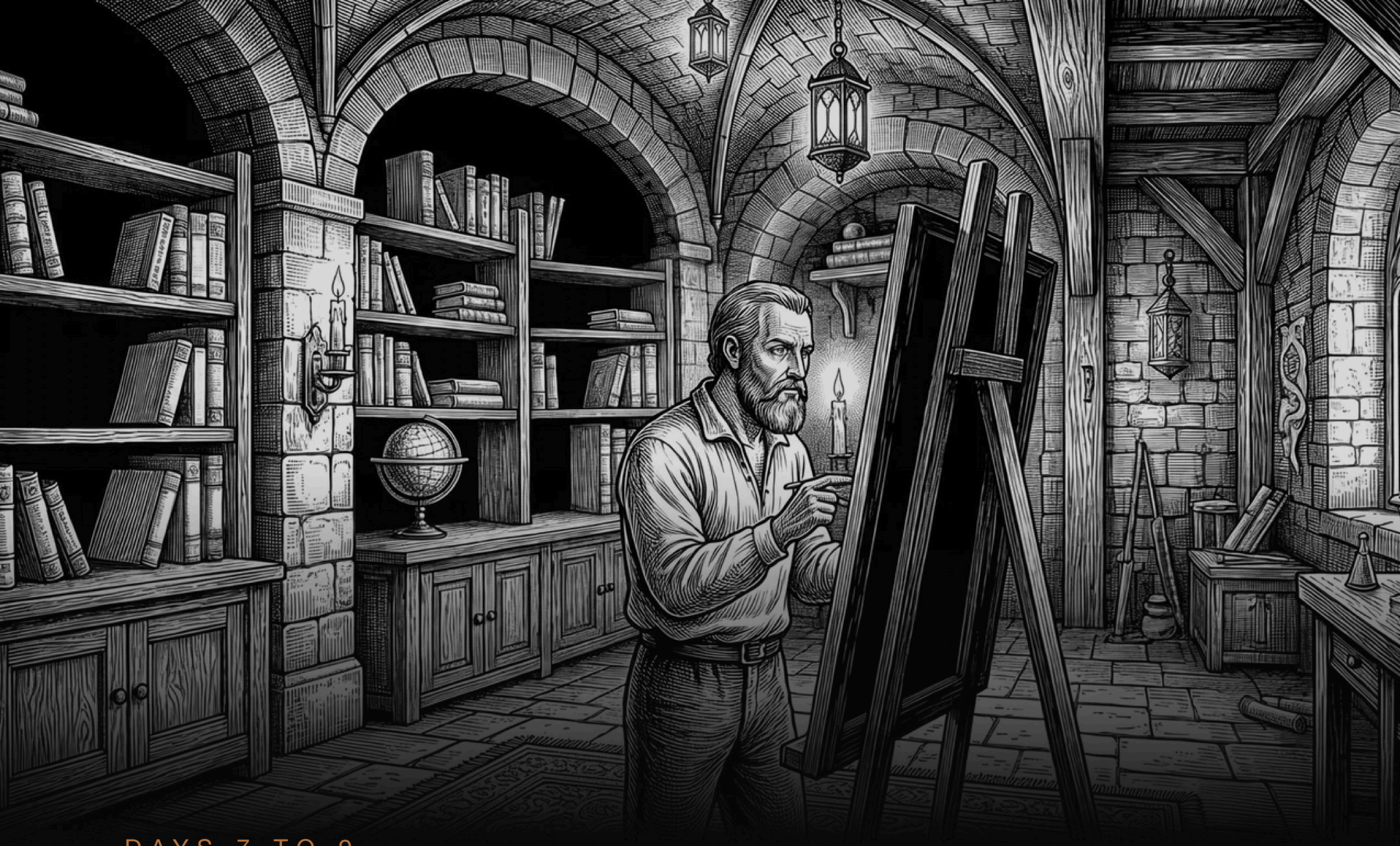
Read them back. Circle the one that hit hardest. Then put it next to what you found on Day 5 and ask: *is this where I learned it?*

WRITE

The sentence I've been living by is _____. Who taught it to me? Is it true today, or was it only true then?

CARRY IT

You keep saying it, so you keep doing it.



DAYS 7 TO 9

Rewrite it

DAY 7

Say it to them

DAY 8

Catch it live

DAY 9

The new rule

DAY 7

Say it to them

WHY IT MATTERS

Most of what's stuck is stuck because it was never said. It didn't leave. It sits in the body and runs the loop from there. Today it goes on paper, all of it, to the person it belongs to.

THE PRACTICE

Breathe first. Write a letter to whoever sits at the root. A parent. An ex. A friend. The kid you were at eight. Write everything. The anger, the grief, what you needed and never got, what you never got to say. Don't be fair. Don't be balanced. This is not for them, and you will never send it. When it's done, read it out loud once, alone. Then burn it, or seal it in an envelope with today's date on it.

WRITE

The letter is today's writing. When it's done, add one line: what did I feel when I read it out loud?

CARRY IT

What you refuse to feel doesn't leave. It waits.

Catch it live

WHY IT MATTERS

Knowing your loop doesn't stop it. Catching it does. The first time you catch it, it still runs you. The tenth time, you catch it earlier. That's how it gets rewired, one rep at a time.

THE PRACTICE

In the morning, breathe first. Then run this three times with your eyes closed. Picture the moment your pattern usually fires. Feel it start in the body. Count six seconds before you do anything. Two rounds of the 4-8 breath. Name it in your head: *there it is*. Then ask: *if this was only about right now, what would I do?* See yourself do it.

Then go live your day. When it shows up for real, run the same rep. Six seconds. Breathe. Name it. Choose.

WRITE (tonight)

Did it show up? Did I catch it before, during or after? What did I do instead?

CARRY IT

Catch it once. Then catch it earlier.

The new rule

WHY IT MATTERS

Willpower runs out by Thursday. A rule doesn't need it. What broke my own loops was never trying harder. It was rules I set for myself and stopped arguing with. Today you trade the old sentence for a truer one, and you give it a rule to stand on.

THE PRACTICE

Breathe first. Take your sentence from Day 6. Under it, write a truer one. Not a fantasy. Something you could almost believe today. *I'm not enough* becomes *I've been enough to get this far*. Then write one rule that protects it, small enough to keep every day. *I say one honest no a day. I don't send the text after 10 PM. I sit with it for ninety seconds before I leave the room.*

Then stand at the mirror, look yourself in the eye, and say the new sentence out loud ten times. It will feel stupid. Do it anyway.

WRITE

The old sentence was _____. The truer one is _____. The rule I'm keeping is _____.

CARRY IT

Identity is trained, not found.



DAY 10

Bring it home

DAY 10

Read it back

DAY 10

Read it back

WHY IT MATTERS

You've written for nine days. Today you read it as one story. Things you couldn't see one page at a time show up when it's all in front of you.

THE PRACTICE

Breathe first. Read every page from Day 1 to Day 9 in one sitting, out loud if you can. Find the answer you softened. Cross it out and write it true. Then circle the one line that cost you the most to write.

WRITE

What did these ten days show me that my normal day is built to keep hidden? What's one conversation this makes unavoidable? With who, and by when?

CARRY IT

You've seen it now. It doesn't get to hide anymore.

If it gets heavy

This protocol is self-work. It is not therapy, medical care or a crisis tool. If something opens that's bigger than this page, you don't have to carry it alone.

Call or text 988. Suicide and Crisis Lifeline, US and Canada. Free, any hour.

In immediate danger, call 911.

Outside North America: findahelpline.com lists verified lines for every country.

Reaching out is the strong move.



Where this goes from here

Ten days uncovers it. It doesn't finish it. These patterns took years to lay down, and they don't leave on a deadline. They lose their grip the same way they got it: one rep at a time, every day, until the new response is the one that shows up first.

If you want to keep going, there are two ways.

The Shift. The daily system. Training, mornings, evenings, the breath, and the deeper mind and identity work this protocol comes from, run every day. Plus The Room, where you do it alongside other men instead of alone.

ENTER THE SHIFT

Proximity. Me, one on one. For the man who's ready to go all the way to the root with someone in his corner. By application. You apply, I read it, and I decide if it's a fit.

APPLY FOR PROXIMITY

Or neither. Run it again in a month and compare the pages.

If you ran it, DM me one sentence. Not the whole story. One sentence.

DON'T PANIC.