A MAN UNBREAKABLE GUIDE



AFTER HER AFFAIR

THE FIRST 7 DAYS FOR MEN

Stop the spiral, sleep tonight, lead yourself well this week.

Ty Neal • MAN UNBREAKABLE

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If You're Reading This at Midnight

Stop. Breathe. You don't have to fix everything tonight.

Your chest is tight. Your mind is spinning. You want answers right now. You want her to explain. You want to know how long, how many times, why him, why not you. I know. I've been there.

Here's the truth: you're not getting clarity at midnight. You're not making good decisions when your heart is pounding and you haven't slept in two days. What you need right now isn't a plan for the marriage. You need a plan for the next hour.

Do This Right Now (10 Minutes)

Set a timer for 10 minutes. Just ten. You can handle ten.

Drink water. Full glass. Fast. Your body is running on adrenaline and you're probably dehydrated.

Cold water on your face and wrists. Thirty seconds. Let it run cold. Splash your face. Hold your wrists under the stream. Pat dry. Your heart rate just dropped.

Push-ups. Do ten. Right now. If you can do more, do twenty. Go slow. Full range. If your body is too wrecked, do wall push-ups or just hold a plank for fifteen seconds. Move your body. It changes your brain.

Say this out loud: *"I can pause. I choose my next move."*

What You're NOT Doing Tonight

You're not sending her a long text. You're not showing up at his house. You're not calling her mom or posting on social media. You're not making threats you can't keep. You're not interrogating her until 3 A.M. All of that makes it worse. I promise you. I did every single one of those things and I regret all of them.

What You Are Doing Tonight

Pick one Script Card from Chapter 1. Find the one that fits your situation. Copy it word for word. Send it or say it. Then put your phone down.

Examples:

- "I'm not doing this tonight. We'll talk tomorrow at **:** for 30–45 minutes."
- "I'm stepping away for 15 minutes to reset. I'll be back at **:**."

Run the Sleep Tonight routine from Chapter 2. I know you don't think you can sleep. Do it anyway. Phone out of the room. Cold water. Push-ups. Journal dump—write everything you'd say to her, then close the notebook. Prayer and Lights out. You might only get two hours. That's okay. Two hours beats zero.

Tomorrow Morning

When you wake up, come back to this chapter. That's when you'll pick your lane for the next 72 hours. That's when you'll write your house rule. That's when the 7-Day Plan starts.

But tonight? Tonight you survive. You don't blow it up. You don't cave. You just get through the next ten minutes. Then the next ten after that.

You're Not Alone

I know it feels like you're the only man in the world going through this right now. You're not. Thousands of men have sat where you're sitting—2 A.M., phone in hand, chest tight, mind racing. Some of them made it worse that night. Some of them made it through.

You're about to be one of the ones who made it through.

Set the timer. Ten minutes. Water, cold water, push-ups, truth line. Then Chapter 1 or Chapter 2. One step. Then the next.

You're not behind. You're starting. That's enough.

How to Use This Book

What this is / what this is not

This is your seven-day field manual. You get exact words to say, boundaries you can set tonight, and a simple plan that keeps you steady when everything else feels loud. This is not therapy talk, revenge planning, or legal advice. It's how to stop the spiral, sleep tonight, and lead yourself well this week.

Quick Promise (tonight & this week)

Tonight you will:

- Sleep more than two hours (even if it's only four).
- End the circular argument without yelling or caving.
- Set one boundary you'll actually hold.
- Reset your body in ten minutes when the panic hits.

This week you will:

- Get the transparency you need (phone, timeline, contacts) without midnight chasing.
- Decide to stay, create space, or wait—in 72 hours, not forever.
- Break the 2 A.M. thought loop.
- Show up for yourself every single day.

Where to start (pick your situation)

- It's late and you're spiraling → Chapter 1: Don't Make It Worse Tonight — run the 10-Minute Start now, then Chapter 2: Sleep Tonight.
- She's pushing you to talk/decide now → Chapter 4: End the Fight — grab the Crisis Scripts.
- Your head wants answers now → Chapter 5: Get the Truth — set your standards, stop chasing, and write a 30-day consistency plan you'll judge by actions, not midnight talks.
- You're weighing stay/space/wait → Chapter 7: Stay, Space, or Wait — run the Decision Tree.
- You feel out of control (anger, panic, can't think) → Chapter 3: Calm Your Body in 10 Minutes — do the Trigger Reset.
- Don't know where to start → Chapter 1 — then come back here.

The Five Rules

1. **No midnight debates.** After 8 P.M., use a Script Card and step away. Talk tomorrow.
2. **Use scripts as written—first.** Don't soften or explain. Say it. Stop.
3. **One move at a time.** You don't fix everything tonight.
4. **Hold, don't threaten.** State the line. Enforce it calmly if crossed.
5. **Write it down.** Times, requests, and boundaries—on paper or notes.

Your 10-Minute Start (do this now)

1. **Set a 10-minute timer.** Phone facedown.
2. **Drink water.** Eat something small if you haven't in 4 hours.
3. **Cold water swap.** Face/wrists, 30–60 seconds.
4. **Push-Up Reset.20–40 total** in **2–4 mini-sets** (e.g., 10+10 or 8+6+6+5). Go slow, full range. If wrists/shoulders protest, use **incline/wall** push-ups or **15–30s plank holds**.
5. **Truth line (quiet):** Say this to yourself, *I can pause. I choose my next move.*
6. **Pick a talk window tomorrow** (30–45 minutes, not late at night).
   Talk time tomorrow::
7. **Send one Script Card** (see Chapter 1 or 4).
8. **Prep Sleep Tonight:** DND on (kids allowed), cool dark room, wind-down plan (Chapter 2).
9. **Backup person if you wobble:** _____ , *Pick one steady, discreet person you can text so you don't white-knuckle it alone tonight.*
10. **When the timer ends, you're done.** That's your first win.

Tool Key

- SCRIPT CARD — Exact words (20–60). Copy, send, or say. Calm, clear, no negotiation after.
- BOUNDARY LADDER — Three tiers you can hold: **State** → **Hold** → **Enforce**.
- TRIGGER RESET — 10–15 minute drill when panic or rage hits: cold water (30–60s), short walk (2–3 min), Push-Up Reset (20–40 total), truth line.
- SLEEP TONIGHT — Evening wind-down + 2 A.M. Loop Breaker (cold water, Push-Up Reset, back to bed).

How to get the most out of this week

- **Days 1–2:** Survive and stabilize. Read **Ch.1–3**. Run the Trigger Reset when needed. Use **Sleep Tonight** both nights. Set **one** boundary and hold it.
- **Days 3–4:** Get clarity. Read **Ch.4–6**. Use Crisis Scripts to end circular fights. Ask for transparency (Ch.5). Attach a Boundary Ladder.
- **Days 5–6:** Decide your next move. Read **Ch.7**. Run the Decision Tree. Pick one path. Write it down. State it calmly.
- **Day 7:** Plan your next 30. Read **Ch.8–10**. Fill the 7-Day Planner. Check off wins. Keep what worked.

You've got a big brother in the next room

I'm not your therapist. I've been where you are and made it through. I'm handing you the exact tools that work. You don't have to be perfect—just steady. One move at a time. One boundary at a time. One night of sleep at a time.

Faith Option (optional):
Father, I'm hurting and I don't know what's next. Help me stay steady tonight. Give me the words I need and the strength to hold the line. Amen.

*"Be watchful, stand firm in the faith, act like men, be strong." — **1 Corinthians 16:13***

Tool Key

These four tools show up in every chapter. Learn them once, use them all week. They work because they're simple, fast, and you can do them tonight.

Script Card

What it is: A tiny, prewritten message (20–60 words) you can copy, say, or text. Purpose: end the spiral or set the next step without arguing. You say it once, then stop. No debate.

When to use: When she's pushing for a decision, the fight is going in circles, or you need to set a boundary without over-explaining.

How to use: Read it as written. Send it or say it. Then walk away. Don't soften it, don't add apologies, don't explain.

Example: "We're not doing this tonight. We'll talk tomorrow at **:** for 30–45 minutes."

Boundary Ladder

What it is: A 3-tier plan for one issue: **State** → **Hold** → **Enforce**. Calm words + calm follow-through. No threats, no countdowns, no yelling. Just your line, kept steady.

When to use: Late-night arguing, **no-contact** being broken, **kept plans** slipping, or when you need a **72-hour space plan** respected.

How to use: State the boundary once, clearly. Hold it the first time it's tested. Enforce the consequence if it's crossed again—no extra warnings.

Example: Late-night arguing → **State:** "Not tonight. We'll talk at **:**." **Hold:** "I'm turning my phone on DND." **Enforce:** "Separate rooms; logistics by text."

Trigger Reset

What it is: A 10–15 minute body reset to keep you from firing off angry texts: **cold water (30–60s)** → **short walk (2–3 min)** → **Push-Up Reset (20–40 total)** → **quiet truth line**.

When to use: Heart pounding, hands shaking, or you're about to say something you'll regret.

How to use: Stop talking. Step away. Run the four steps in order. Come back when you're steady—not before. *(If push-ups bother shoulders/wrists, do incline/wall push-ups or 15–30s plank holds.)*

Example: "Cold water → quick walk → 10+10 push-ups → 'I can pause. I choose my next move.'"

Sleep Tonight

What it is: A wind-down routine + a **2 A.M. Loop Breaker** (cold water, push-ups, back to bed). Goal: protect tomorrow.

When to use: Every night this week, starting tonight; and at 2 A.M. when the thought loop grabs you.

How to use: Start wind-down 30 minutes before bed (cool room, no screens, truth line on the nightstand). If you wake up spiraling, run the Loop Breaker and get back in bed.

Example: "Up for a minute. Cold water, 10–20 slow push-ups, back to bed."

Chapter 1: Don't Make It Worse Tonight

You don't have to fix it tonight. You have to stop the spin. Ten minutes. One move. Then bed.

You're Not Crazy

Your chest is tight. Your hands won't stop shaking. You can't eat. You want to throw up. You want to punch a wall. You want answers right now. That's not weakness—that's your body trying to protect you from a threat. But she's not the threat tonight. The spiral is. Let's stop it.

Hard Truth: Six Ways Men Make It Worse Tonight

- **Late-night debates.** Nothing good happens after 8 P.M. when emotions are high. You'll say things you can't unsay. She'll make promises she won't keep. End it and go to bed.
- **Long paragraph texts.** Every word you send is evidence you're spinning. She's not reading past line two anyway. One Script Card. That's it.
- **Threats you can't hold.** "I'm leaving." "You'll never see the kids." "I'm calling a lawyer tomorrow." If you're not doing it in the next 12 hours, don't say it. You just taught her your boundaries are fake.
- **Arguing in front of the kids.** They don't need to see you break. They need to see you steady. If she pushes in front of them, you pause and walk away. Always.
- **Angry drives or showing up.** You want to drive by his house. You want to "just talk" to him. You want to show her you're serious. Don't. You'll regret it in the morning and you just gave her ammunition.
- **Googling until 3 A.M.** You're looking for answers, articles, signs she's lying, proof she's done. All you're doing is feeding the spiral. Close the laptop. Tomorrow you'll think clearly.

Do This (Steps 1–5)

Your 10-Minute Start

1. Set a timer for 10 minutes. Put your phone facedown. You can handle ten minutes.

2. Water + small food. Drink a full glass of water. Eat something small if you haven't in four hours. Your body is running on panic right now. Give it fuel.

3. Cold water on face and wrists (30–60 seconds). Lean over the sink. Let it run cold. Splash your face. Hold your wrists under the stream. Pat dry. Your heart rate just dropped.

4. Push-Up Reset. Do 20–40 total push-ups in 2–4 mini-sets. Example: 10+10, or 8+6+6+5. Go slow. Full range of motion. If your shoulders or wrists are angry, use incline push-ups (hands on a counter or bench) or wall push-ups. Or hold a plank for 15–30 seconds per set. Same effect.

5. Short walk. Walk to the front door and back. Walk to the end of the driveway. Walk around the block if you can. Two to three minutes. No music. Just movement.

TRIGGER RESET (Quick Reference)

Cold water (30–60s) → Short walk (2–3 min) → Push-Up Reset (20–40 total) → Truth line (quiet)

Use this anytime your heart is pounding or your hands are shaking. Run it in order. Come back when you're steady.

Backup Person

Backup person if you wobble: _____

Pick one steady, discreet person you can text so you don't white-knuckle alone. Do this now, before you send the Script Card.

30-second check-in text (example): *"Head is loud; I'm choosing sleep. Please text me at : tomorrow to make sure I held the line. No details needed. Appreciate you."*

If you have no one: Set two alarms on your phone titled *"Hold the line. Water. Push-ups. Bed."* One at 9 P.M., one at 6 A.M.

Your 10-Minute Start (continued)

6. Truth line (say it quietly, three times): *"I can pause. I choose my next move."*

7. Pick a talk window tomorrow. Not tonight. Tomorrow. Daytime. 30–45 minutes max. Write it down: **Talk time: : tomorrow.**

8. Decide tonight's boundary. Examples: no late-night debates, logistics only tonight, separate rooms. Pick one. You'll hold it in the next step.

9. Send one Script Card. Say it once. Don't explain. Don't soften. Don't argue the line. Send it and put your phone on Do Not Disturb.

10. Prep Sleep Tonight. Phone on DND (except kids/emergencies). Bedroom cool and dark. Wind-down routine starts in 30 minutes (Chapter 2). You're protecting tomorrow.

Advanced move: Put your phone in another room (bathroom, kitchen) on DND. Set an alarm if you need to wake up for work. You'll sleep better if you're not tempted to check it at 1 A.M.

SCRIPT CARD #1: We'll Talk Tomorrow

"I'm not doing this tonight. We'll talk tomorrow at **:** for 30–45 minutes. I'm choosing a better time so I can show up clear. Please reply 'OK' to confirm."

How to use: Fill in the time. Send it. Don't respond to anything except "OK." If she pushes, repeat: "Tomorrow at **:**." Then walk away.

SCRIPT CARD #2: Logistics Only Tonight

"Tonight is logistics only—no relationship debates. We'll handle it tomorrow at **:**. If the topic turns, I'm stepping away."

Logistics = kids, schedule, bills, safety.
Not logistics = why, when, how many times, do you still love me, are you leaving.

How to use: Send this if you have to be in the same space tonight (kids, dinner, logistics). If she turns the conversation to the affair, you stand up and leave the room. No argument.

The First Hour Is the Hardest

The first hour after you set the boundary is the hardest. She'll test it. She'll text. She'll knock on the door. She'll cry or get angry or go silent. Your job is simple: hold the line for 60 minutes. After that, it gets easier. She'll either respect it or you'll know what you're dealing with tomorrow.

Say This / Don't Say This

Not in front of the kids

Say: "We'll talk about this later. Kids, let's finish dinner."
Don't say: "Your mom did something really bad and now we have to figure this out."

Then do: If she keeps pushing, stand up and walk to another room. Text her: "Not in front of them. Ever."

Stop the circle

Say: "We're going in circles. I'm pausing this for tonight."
Don't say: "You're not listening!" or "I don't believe you!" or "Just admit it!"

Then do: Stand up. Walk away. Don't respond to anything she says after that line. You already said you're done.

If she keeps pressing

Say: "I already answered that. We'll talk tomorrow at **:**."
Don't say: "Stop asking me!" or "I told you I don't know yet!" or "You don't get to push me!"

Then do: Use Script Card #3 (below). Send it. Leave the room. Phone on DND.

SCRIPT CARD #3: I'm Pausing 15 Minutes

*"I'm stepping away for 15 minutes to reset. I'll be back at **:**. I'm not ignoring you—I'm choosing a better time to talk."*

How to use: Fill in the time (15 minutes from now). Send it or say it. Walk out. Do the Trigger Reset (cold water, push-ups, short walk, truth line). Come back at the time you said—steady, not before.

What Happens If She Won't Stop

If she follows you, keeps talking, or blocks the door:

- Don't push past her. Don't raise your voice.
- Say once: "I'm leaving the room. Please step aside."
- If she doesn't move, go to a different exit. Bathroom. Garage. Front door.
- If she follows you there, leave the house. Drive to a parking lot. Sit. Do the Trigger Reset in your car.
- Text your backup person: "Had to leave. I'm safe. Holding the line."

Side Note: State → Hold → Repeat

You don't debate the Script Card. You don't explain why you're pausing. You state the boundary, hold it when she tests it, and repeat the same line if she pushes again. That's it.

BOUNDARY LADDER: Late-Night Arguing

State: "I don't do late-night debates. We'll talk **:** tomorrow."

Hold: "I'm turning my phone on Do Not Disturb. I'll see your message in the morning."

Enforce: "Separate rooms tonight. Logistics by text only. We'll meet at **:** tomorrow."

How to use: State it once, clearly. If she tests it (keeps talking, follows you, texts repeatedly), Hold (turn on DND, go to another room). If she crosses it again (bangs on the door, wakes you up, shows up where you are), Enforce (separate rooms, you leave, or you sleep somewhere else). No yelling. No threats. Just a calm follow-through.

Coach's Note (Ty)

May 2017. I'd just dropped the kids at school. Her phone was on the nightstand and I remembered her password and I decided to open her phone and then I saw the messages from the night before her and him just had sex. In that moment I was flooded with rage

I made mistakes that week. Angry drives with nowhere to go. I put a GPS tracker on her car. I stood outside the guy's house at midnight. I sent long paragraph texts at 2 A.M. that she never read past the second line. Months of chasing her choices instead of leading mine.

The turn came when I asked myself one question: *Would a king do this?*The answer was no. So I stopped.

I started doing push-ups—four sets of 25—every time my mind went negative. Long walks with no music. Prayer at night: *God, lead me through the pain.* At 2 A.M., when I couldn't sleep, I'd say out loud: *I choose to become the best version of myself.*

Tiny wins: I stopped sending long texts. I slept again. I ate again. My father-in-law and mother-in-law kept hope alive when I had none.

I wish I'd used the line "You are dismissed" when she kept pressing. I wish I'd said "Not in front of the kids" the first time she tried to argue at dinner. I wish I'd known that holding the line—calmly, without yelling—was the fastest way to get my power back.

You don't have to be perfect tonight. You just have to stop the spin. Ten minutes. One move. Then bed. That's a win.

Faith Option

"God, lead me through the pain, guide my steps."

You don't have to have all the answers tonight. You just have to take the next step. He'll meet you there.

"I will go before you and make the crooked places straight." — Isaiah 45:2

What You're Protecting

You're not doing this to punish her. You're doing this to protect your ability to think clearly tomorrow. Every time you hold the line tonight, you're keeping your dignity intact. That's what you'll need when it's time to decide what comes next.

Chapter 2: Sleep Tonight (Even If It's Only 4 Hours)

You can't win tomorrow on no sleep. Tonight we protect your mind. Even four hours beats none.

Real Talk

You might still wake up at 2 A.M. You might only get four hours. You might get two. That's still a win. You're not trying to sleep like you did three weeks ago. You're trying to get enough rest so your brain works tomorrow. Four broken hours beats zero. Two hours beats staring at the ceiling all night. Lower the bar tonight. Just get something.

Hard Truth: Why Men Don't Sleep This Week

- **Midnight debates.** Nothing good happens after 8 P.M. End it. Bed.
- **Long texts.** Paragraphs don't land. They prove you're spinning.
- **Doomscrolling.** Articles, forums, old messages—fuel on the fire.
- **Phone on the nightstand.** You'll check it. Move it.
- **Caffeine late / heavy food late.** You're wiring yourself up.
- **Arguing in bed / in front of kids.** You show them your worst. Step away.
- **Angry drives.** Don't get in the car mad. It ends badly.

Sleep Tonight Routine (Run This Now)

Goal: Fall asleep faster and stay down longer—even if it's only a few hours.

The 15-Minute Wind-Down

1. Set your lights low. Room cool and dark.

2. Phone on DND (kids allowed) and out of the room—bathroom or kitchen.

3. Push-Up Reset: 10–20 slow reps (incline/wall if needed).

4. Cold water: face/wrists 30–60 seconds. Pat dry.

5. Dump the noise: 2–3 minutes in a paper journal. Write the thoughts you'd text, the accusations you'd make, the questions you'd ask. Don't edit. Don't reread. Just vomit it onto the page. Close the journal. You're not solving it—you're getting it out of your head so it doesn't loop at 2 A.M.

6. Prayer or two pages of paper reading. No screens.

7. Optional: quiet instrumental for 5 minutes (timer set). Then off.

8. Alarm set. Lights out by :.

SCRIPT CARD: I'm Going to Bed at :

"I'm not doing this tonight. I'm going to bed at *: so I can show up clear tomorrow. Daytime window is : for 30–45 minutes."*

How to use: Fill in the times. Send it or say it. Don't explain. Don't soften. Walk to your room and start the wind-down.

If You Share a Room

Earplugs + eye mask. Turn your back and don't debate. Repeat the Script Card once. Then silence.

If she keeps talking after you've turned away: Stand up. Take your pillow. Go to the couch, guest room, or car. You're not abandoning her—you're protecting your ability to show up tomorrow. Text her once: *"Separate rooms tonight. We'll talk at : tomorrow."* Then turn your phone on DND.

If you feel guilty about leaving: Ask yourself the Crown Test—Would a king sleep in a room where someone won't let him rest? No. Move.

TRIGGER RESET (Quick Reference)

Cold water (30–60s) → **Short walk (2–3 min)** → **Push-Up Reset (20–40 total)** → **Truth line (quiet)** Use this before bed if your heart is still pounding or your mind won't slow down.

The 2 A.M. Loop Breaker (3–5 Minutes)

When you snap awake:

1. Stand up. Don't check the phone.

2. Cold water: 30–60 seconds on face/wrists.

3. Push-Up Reset: 10–20 slow reps (or incline/wall, or 15–30s plank holds).

4. Truth line (quiet): *"I don't fix tonight—I protect tomorrow."*

5. Back to bed. On your side. Slow breaths. Eyes closed.

6. If still awake after ~20 minutes: Chair, low light, read 2–3 paper pages, no phone, then back to bed.

Still awake after 20 minutes in the chair? Don't force it. Go back to bed anyway. Lie there with your eyes closed. Even if you don't sleep, you're resting your body. That's 60% of what sleep does. Your brain will catch up eventually—maybe not tonight, but tomorrow night or the next. Keep the routine. It compounds.

SCRIPT CARD: 2 A.M. Self-Talk

"Up for a minute. Cold water, push-ups, back to bed. I'm not solving this tonight—I'm protecting tomorrow."

How to use: Say it out loud to yourself. Quietly. Three times. It reminds your brain this isn't an emergency—it's just a loop.

If She Texts at 2 A.M.

DND stays on. No replies. You'll talk in the daytime window you set. If she's in the room and won't stop, repeat: "Not tonight. **:** tomorrow." Then turn away.

Sleep Tracker (7-Day Log)

Track it. You'll forget how bad last night was by Day 4. This log proves you're improving—even if it doesn't feel like it.

Sleep Debt (Straight Talk)

You've been running on fumes for days. Your body is behind. You can't "catch up" in one night, but you *can* recover over 3–4 nights if you protect your routine. Tonight: 4 hours. Tomorrow night: maybe 5. By night three, you might sleep 6–7. Don't judge tonight by last month's normal. Judge it by yesterday. Did you get more sleep than yesterday? Win.

BOUNDARY LADDER: No Midnight Debates

State: "Not tonight. Daytime window at **:**."

Hold: Phone on DND. Turn away. Journal if you need to.

Enforce: Separate rooms; logistics by text only.

How to use: State it once. If she tests it (follows you, keeps talking), Hold (turn away, leave the room). If she crosses it again (won't stop, blocks you), Enforce (separate rooms, you sleep elsewhere). No yelling. No threats. Just calm follow-through.

The Crown Test (Night Edition)

Ask: **"Would a king do this?"** If not, don't. No long texts. No arguing in front of kids. Dignity first.

Sleeping Somewhere Else Tonight?

Car, office, friend's couch—run the same routine. Recline the seat. Crack a window. Pillow + blanket if you have them. Phone out of reach (glove box, bag). Cold water from a gas station bathroom or water bottle. Push-ups in the parking lot or wall push-ups against the car. Journal on your phone notes if you have to, then delete the app for the night. You're not homeless—you're leading yourself well in a hard spot.

Coach's Note (Ty)

Multiple nights of zero sleep. I stayed up 24 hours straight replaying every scene. I sent long essays before bed trying to guilt her into coming home. She ignored every word.

The turn came when I built a night routine: phone in the bathroom, push-ups, journal dump of all the noise, prayer, quiet music for five minutes, then sleep. After I started this, I slept through the night for the first time in weeks.

But the 2 A.M. loop still hit hard. The thoughts: *You're not good enough. You're no fun. If you hadn't worked so hard. He might show up to fight you.* I'd wake up sweating. Heart pounding. Same drill every time: cold water, push-ups, journal, prayer. The line I kept repeating: *There's always light at the end of the tunnel.*

I learned the Crown Test at night: Would a king do this? Would he send another long text she won't read? Would he argue in front of his kids? No. So I stopped.

Some nights I slept in my car. Some nights in my office. Didn't matter where I was—I still ran the routine. Same steps, different location. The next morning: prayer, water, full-body workout, 10,000 steps. I woke at 6 A.M. every day no matter what happened the night before.

You don't need perfect sleep tonight. You need four hours of protected rest so you can show up tomorrow. That's enough to start. I promise you—it gets easier after night three if you keep the routine.

Faith Option: Nightly Prayer

Short prayer (30 words)
Father, I'm handing You what I can't carry tonight. Guard this house. Quiet my mind. Give me the sleep I need to lead tomorrow. Amen.

Declare (read once, steady):
"In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety." — **Psalm 4:8**
"I lay down and slept; I woke again, for the Lord sustained me." — **Psalm 3:5**

How to use: Read it once. Lights out.

2 A.M. reset (whisper):
"God is with me. I rest now." (Then run the Loop Breaker.)

When You Wake Up Tomorrow

Before you check your phone—water, 20 push-ups, one truth line: *"I made it through the night. That's win number one."* Then check your phone. You'll handle it better when you're hydrated and your body is awake.

Chapter 3: Trigger Reset: Get Steady in 10 Minutes, Anywhere

A trigger isn't a command. It's a choice point. Ten minutes can save your whole day.

Hard Truth: Why Men React Instead of Reset

- **Reacting costs you.** Every hot response hands her ammunition. Every blow-up proves you're not steady. You lose ground every time you fire off without thinking.
- **Driving angry is a trap.** You think you're clearing your head. You're not. You're rehearsing the argument at 70 mph with nowhere to go. Pull over or don't start the car.
- **Hot talk never lands.** When your heart is pounding and your jaw is clenched, nothing you say comes out right. She hears rage, not reason. Wait ten minutes. Say it steady or don't say it at all.
- **Screens pour gas on the fire.** Scrolling her social media, rereading old messages, Googling signs she's lying—you're not investigating, you're spiraling. Close the laptop. Put the phone down.
- **You don't need answers to get steady—you need a drill.** You can't think your way out of a trigger. You move your body, drop your heart rate, and *then* you think. In that order.

The 10-Minute Field Drill (Home Edition)

When the trigger hits at home:

Set a timer for 10 minutes. This isn't forever. It's ten minutes.

1. Water. Drink a full glass. Fast.

2. Cold water on face and wrists (30–60 seconds). Lean over the sink. Let it run cold. Splash your face. Hold your wrists under the stream. Pat dry. Your body just shifted gears.

3. Push-Up Reset. Do 20–40 total push-ups in 2–4 mini-sets. Example: 10+10, or 8+6+6+5. Go slow. Full range. If your shoulders or wrists are angry, use incline push-ups (hands on a counter) or wall push-ups. Or hold a plank for 15–30 seconds per set.

4. Short walk (2–3 minutes). Walk to the end of the driveway and back. Walk around the block. No music. No phone. Just movement.

5. Truth line (say it out loud): *"I don't react—I choose my next move."*

6. Write one calm next move. Not ten moves. One. Example: "Talk at 7 P.M. for 30 minutes." "Send the Stepping Away script." "Go to bed early." Write it. Do it.

CROWN TEST

"Would a king do this?"

If the answer is no, don't do it. No hot texts. No showing up unannounced. No yelling in front of the kids. Dignity first.

TEXT DISCIPLINE

Phone face-down while you're hot. No typing. No sending. No reading her last message again. You'll reply when you're steady—not before.

Public / Work / Car Versions

At Work

Tell someone: "Back in five—quick reset."

Go to the bathroom or step outside. Cold water on face/wrists 30–60 seconds. Do 15–20 push-ups (bathroom stall, outside wall, wherever). Walk one lap around the building or the floor. Truth line (quiet): *"I don't react—I choose my next move."* Back to your desk.

Car (Parked)

Engine off. Don't reset while driving. Pull over first.

Cold bottle or AC blast: Hold a cold water bottle to your face and wrists for 30–60 seconds. Or crank the AC and lean into the vent.

Push-ups on the curb or parking lot. 10–20 reps. Or hold a plank against the side of your car for 15–30 seconds.

Truth line (out loud): *"I don't react—I choose my next move."*

Sit for two minutes before you drive again. Don't start the car until your breathing is normal.

Safety First

Never reset while driving. Pull over. Engine off. Keys on the dash.

Don't leave kids alone. If they're with you, bring them outside or tell them "Give me five minutes. I'll be right back and fully with you."

Scripts + Lights-On Line

SCRIPT CARD: Stepping Away 10 (To Her)

"I'm stepping away for 10 minutes to reset. We'll pick this up at **:**. I want to show up steady."

How to use: Fill in the time (10 minutes from now). Say it or send it. Walk out. Don't wait for her response. Run the Field Drill. Come back at the time you said.

LIGHTS-ON LINE (Boundary Ladder)

When the conversation gets loud and you feel the surge:

State: "We're getting loud. I'm pausing for 10 minutes and coming back at **:**."

Hold: Walk out. Run the Field Drill. Phone face-down. Don't respond to texts or knocks on the door until the timer goes off.

Enforce: If it restarts hot when you come back, say: "We're done for now. **:** tomorrow." Separate rooms. Logistics only.

Note: No countdowns. No threats. Just calm follow-through.

ANGER ENERGY REDIRECT

If you can't do push-ups right now, redirect the surge:

- **Wall sit:** 60 seconds. Back flat, knees at 90 degrees.
- **Carry something heavy:** 60–90 seconds. Gym bag, case of water, anything with weight.
- **Open and close fists:** 20 times, slowly. Feel the tension leave.
- **Unclench your jaw:** Tongue to the roof of your mouth. Breathe through your nose.

Faith Option

"Father, set a guard over my mouth. Give me a steady mind and a quiet tongue. Amen."

"Set a guard, O Lord, over my mouth; keep watch over the door of my lips." — Psalm 141:3

"The Lord is my light and my salvation; whom shall I fear?" — Psalm 27:1

Coach's Note (Ty)

I was an entrepreneur. She worked at the business. Seeing her every day set me off—my mind stuck on what she was doing, not on becoming better.

I coached a girls basketball team. So did he. I'd see him at practice, walking through the building. I ignored him every time. Didn't say a word. Just kept moving.

One night after the girls' practice, outside the gym, he attacked me from behind. I ran to my car. I was going to grab my firearm. But when I opened the door, I saw a picture of my kids on the seat. I stopped. Turned around. Put the gun away.

That was the moment: *This is bigger than me. Do better for my Children.*

What I wish I'd done immediately? Gotten in the car and left. Don't react from anger. Respond, don't react.

The drill that saved me: short walk, push-ups, cold water, truth line. Every time my mind went negative, I did push-ups. Twenty-five reps, four sets. It became automatic.

I learned the Crown Test in real time: Would a king project his anger? Would a king blow up in front of his children? No. So I stopped.

Old me reacted to everything. King move? Choose dignity. Every single time.

Chapter 4: End the Fight (Don't Win It)

You don't win the fight. You end it. Winning costs you everything.

Hard Truth: Why Men Make It Worse

- **You think clarity will fix it.** It won't. She's not confused—she's deflecting. You give her ten reasons why you're right. She gives you one excuse and walks away. You didn't win. You just wasted an hour.
- **You threaten what you can't enforce.** "I'm taking the kids." "I'm calling a lawyer tomorrow." "You'll never see me again." Empty threats teach her your boundaries are fake. She'll test you harder next time.
- **You debate after 9 P.M.** Nothing good happens when you're both exhausted and the kids are asleep. You think you'll get resolution. You get a circular argument that ends at midnight with nothing solved.
- **You stack topics.** The affair, the lies, the finances, her attitude, what she said to your mom last week—you load it all into one fight. She picks the easiest one to deflect and ignores the rest.
- **You diagnose her motives.** "You're just trying to make me look crazy." "You don't actually care—you're just scared of being alone." You're guessing. She shuts down. The conversation dies.
- **You argue in front of the kids.** You think they're not listening. They are. They're watching you lose control. They're learning that marriage looks like chaos. Stop.
- **You chase the win instead of protecting your dignity.** You want her to admit she was wrong, apologize, beg for forgiveness. She won't. Not tonight. Chasing that win costs you sleep, clarity, and respect. Let it go.

Conversation Off-Ramp (90-Second Drill)

When the fight starts spiraling:

Use the **S.T.A.R. Off-Ramp** to end it in 90 seconds:

S — Say stop (out loud): "We're going in circles. I'm pausing this."

T — Time window (tomorrow, daytime): "We'll talk **:** for 30–45 minutes."

A — Agenda (one topic only): "One topic: [the affair / the timeline / her contact with him / finances]. That's it."

R — Route out (physical exit): "I'm stepping to the [bedroom / porch / garage] now so I can show up steady." Then walk. Don't wait for her reply. Don't negotiate the time or topic. Just go.

ONE-TOPIC RULE

Every conversation gets **one topic**. Not three. Not "while we're at it." One.

Examples of **one topic:**

- The affair timeline
- Her contact with him going forward
- Finances and account access
- Counseling or next steps

If she tries to stack topics, repeat: "One topic tonight. We'll schedule the other one."

PARKING LOT PAD

Keep a notepad in the kitchen. When a topic comes up that's not scheduled, write it down. Title it "Parking Lot."

Say: "I'm adding that to the Parking Lot. We'll handle it **:**"

This isn't avoidance—it's discipline. You're not ignoring her. You're refusing to spiral.

Rules of Engagement (Kitchen Table Standard)

The Kitchen Table Standard

Every heavy conversation follows the same rules:

1. Daytime only. No talks after 9 P.M. If it starts late, you end it and reschedule.

2. Max 45 minutes. Set a timer. When it goes off, you're done—even if you're mid-sentence. Schedule the next one if you need more time.

3. Phones down, face-up on the table. No distractions. No recording. Just talking.

4. One topic. Decided before you sit down. Written on the Parking Lot Pad if it helps.

5. Two turns each. You talk. She talks. You respond. She responds. Then you decide one action. If you're still circling after four turns, pause and reschedule.

6. End with one action. Not ten decisions. One. Example: "We're scheduling counseling by Friday." "She's blocking his number tonight." "We're opening a joint account tomorrow." Write it down. Do it.

45/15 GUARDRAILS

45 minutes talking. 15 minutes alone after.

When the timer goes off, don't keep going. Stand up. Say: "I'm taking 15 minutes. We'll reconnect at **:** if we need to."

Walk away. Cold water. Push-ups. Truth line. Then decide: are we done for today, or do we need another 30 minutes?

Most of the time, you're done.

ROOM CHANGE RULE

If the conversation gets loud, **change rooms.**

Stand up. Say: "We're getting loud. Let's move to the [kitchen / porch / living room]."

New room = reset. Your body knows it. Hers does too.

Say This / Don't Say This

No diagnosing motives

Don't say: "You're just trying to make me look crazy."
Say: "I'm not guessing why you did it. I'm asking what happens next."

No stacking topics

Don't say: "And while we're at it, let's talk about your mom and the money and what you said last Tuesday."
Say: "One topic tonight. We'll schedule the rest."

No threats you can't enforce

Don't say: "I'm taking the kids and you'll never see them again."
Say: "If this doesn't change, I'll make decisions about our living situation. We'll talk **:**."

SCRIPT CARD: I'm Not Deciding Tonight

"I'm not deciding that tonight. ***:*** *tomorrow, one topic, 30–45 minutes."*

How to use: When she pushes for a decision you're not ready to make. Say it. Stand up. Walk away. Don't negotiate the timeline.

BOUNDARY LADDER: Conversation Curfew

When she tries to start a heavy conversation after 9 P.M.:

State: "Not tonight. We'll talk **:** for 30–45 minutes."

Hold: Phone on DND. Walk to another room. If she follows, repeat the line once and close the door.

Enforce: "Separate rooms tonight. We'll talk **:** tomorrow. Logistics only by text."

Note: No countdowns. No threats. Just calm follow-through.

Faith Option

"Father, give me the strength to walk away when I want to keep fighting. Help me choose peace over proving I'm right. Guard my words and steady my heart. Amen."

"Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone." — Romans 12:17–18

"Do not be overcome by evil, but overcome evil with good." — Romans 12:21

Coach's Note (Ty)

I saw his shoes in her car. In the back seat. I confronted her in the bedroom. She deflected—blamed me for not trusting her, said I was overreacting. I threatened full custody. Told her she'd lose the kids. It made everything worse. She left. That threat was empty. I couldn't enforce it. She knew it. I just handed her proof I wasn't steady.

The first time I ended a fight clean, I used one line: "I'm not going back and forth. We'll talk tomorrow." The next day I kept it logistics-only about the kids. No accusations. No rehashing. Just the plan.

That's when I learned the rule: **No midnight debates.** Nothing good happens after 9 P.M. If it starts late, I end it.

I started using the Crown Test in real time: Would a king threaten something he can't enforce? Would a king argue in front of his kids? Would a king keep fighting just to win? No. So I stopped.

If I'd had the Off-Ramp back then, I would've said: "Not tonight. We'll talk tomorrow at 10 A.M. for 30 minutes. One topic: the shoes and what happens next. I'm stepping to the garage now." Then I would've left. Done push-ups. Calmed down. Come back steady. You don't win the fight. You end it. And you show her what steady looks like.

Truth Line for This Chapter

"I don't win the argument—I end it steady." say it out loud. This is your anchor when the fight starts.

Chapter 5: Get the Truth (Without Begging for It)

You don't chase truth—you stand for it. Plain words now. Matching actions next. No begging.

Hard Truth: Why Interrogations Fail

- **Interrogations don't create honesty—they create better excuses.** You corner her at midnight. You present your evidence. She gives you a story that explains just enough to get you off her back. You didn't get truth. You got a better cover story.
- **Snooping shrinks you—even if you "find something," you lose yourself.** You check her phone while she's asleep. You install a tracker. You read her emails. Every time you do it, you die a little inside. And she learns to hide better.
- **Truth isn't a speech—it's 30 days of matching actions.** She can say anything tonight. "It's over." "I'll never talk to him again." "I choose you." Words are easy. Watch what she does tomorrow. And the day after. And the week after.
- **Blame-shifts aren't answers.** You ask a yes/no question. She turns it into a lecture about your faults. "If you hadn't worked so much." "If you trusted me." That's not an answer—that's deflection. Don't chase it.
- **You're not powerless—set a standard, then act on what she chooses.** You can't control her choices. But you can set a clear line and follow through based on what she does. That's leadership.
- **You don't need proof to live strong. You need standards + follow-through.** Stop hunting for evidence. Set a boundary. Watch what happens. Move accordingly.

The Clarity-10 (New Drill, ~10 Minutes)

Goal: Frame one daytime window, one standard, one yes/no question, and your A/B move—without arguing.

Steps (Run This Tonight)

1. Set timer for 10:00. Phone facedown.

2. Write your one-line standard. Example: "If there's contact with him, I choose space."

Keep it simple. One boundary. One consequence. No paragraphs.

3. Pick one topic for tomorrow: what happens next.

Not ten topics. One. What happens next is enough.

4. Draft one plain yes/no question (12–18 words).

Example: "Are you ending contact with him today—yes or no?"

Don't add conditions. Don't explain. Just the question.

5. Decide your A/B move now:

If YES: "We meet **:** (daytime) for 30–45 min to set one next step."

If NO / avoids: "I choose space starting today."

Write both moves down. This keeps you from deciding in the heat of the moment.

6. Set the window: : (daytime, 30–45 min).

7. Send one Script Card (below).

8. Close notebook. Water. 25 slow push-ups. Done.

SCRIPT CARD: Clarity Window

"Daytime at : for 30–45 minutes. One topic: what happens next. I'm not chasing or debating tonight. I'm asking for plain answers so I can choose my next move."

How to use: Fill in the time. Send it. Don't add explanations. Don't apologize for asking. Just send it and walk away.

Truth Line (Say Once)

"I don't chase. I set the standard and watch the pattern."

Say it out loud right now. This is your anchor when she deflects or blames.

Plain Answers, Not Detective Work

Three Answers Framework

YES (commitment): Short, direct, present tense. Example: "I ended contact today. Next, I will block his number and show you."

This is a green flag. She's clear. She's offering a next step. You can work with this.

NO: Clarity too. She's telling you where she stands. You act on your standard. No arguments. No begging. Clean move.

FOG (avoid / blame / minimize): Treat as NO until actions change. You're not waiting for perfect words. You're watching for clear choices.

FOG DECODER

Tell-tale lines that mean "I'm not ready to be clear":

- "It wasn't that serious."
- "I don't remember the timeline."
- "If you trusted me, we wouldn't be here."
- "We're just friends now."
- "I need time to think about it."

If you hear FOG, don't argue the definitions. Just note it and act on your standard.

GREEN-FLAG BEHAVIORS

What steady looks like:

- Shows up on time for the daytime window
- Uses plain sentences—no speeches, no deflections
- Proposes one next step today (not "soon" or "eventually")
- Doesn't make you manage her emotions to get an answer

SCRIPT CARD: Ask for Plain Words

"I'm not asking for a speech. I'm asking for a plain yes or no to this question: [your question]."

How to use: When she starts a long explanation instead of answering. Say this. Wait. If she keeps deflecting, say: "I'll take that as a no and choose space."

Write It if You Want

If she says she can't talk about it in person: *"If it's hard to say out loud, write a short statement. We'll read it at this time*

This removes the excuse "I can't find the words." You're giving her an option. If she still won't answer, that's your answer.

PATTERN TRACKER

Track 30 days. One line per day:

Day	Showed up? Y/N	Plain answer? Y/N	Action matched words? Y/N
1			
2			
3			

You're not tracking to punish. You're tracking to see the pattern. Words fade. Patterns don't.

Boundary Ladder (Clarity Without Chase) + Scripts

BOUNDARY LADDER: No Double Life

State: "If there's contact with him, I choose space."

Hold: "I won't argue definitions. I'll decide based on your choice and actions."

Enforce (calm move): "Starting today, separate rooms / I'm taking space for 30 days / logistics by text only."

Pick the lightest enforce that protects you and the kids. No threats. Clean follow-through.

SCRIPT CARD: If She Says YES

"Thank you for the clear answer. We'll meet : for 30 minutes to set one next step. No rehash tonight."

How to use: If she gives you a plain yes, acknowledge it. Set the next meeting. Don't interrogate further tonight. Let her actions over the next week prove the yes was real.

SCRIPT CARD: If She Says NO / Avoids

"I heard your answer. I'm choosing space starting today. Logistics by text. We can check in : next week."

How to use: If she says no or deflects, don't argue. State your move. Walk away. Follow through. You're not punishing her—you're protecting yourself.

SCRIPT CARD: When She Deflects

"I'm not discussing my faults right now. I asked a yes/no about today's choice. If we can't answer, I'll choose space."

How to use: When she turns your question into a lecture about what you did wrong. Say this once. If she keeps deflecting, end the conversation and enforce your boundary.

RED / YELLOW / GREEN SNAPSHOT

Red: Blame-shift, secrecy, misses daytime windows, no plain answers.

Yellow: Vague answers ("sometime soon"), shows up but deflects, promises without action.

Green: Plain yes/no, shows up on time, clear next step, follows through over days.

You're watching the color over 7–14 days, not one conversation.

Faith Option

"Father, give me wisdom for clean words and courage for clean moves. Guard my heart without making it hard. Amen."

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." — James 1:5

"Above all else, guard your heart, for everything you do flows from it." — Proverbs 4:23

"Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place." — Psalm 51:6

Coach's Note (Ty)

I put a tracker on her car. I watched the dots move from my house to the club to a hotel. I knew where she was every minute. I'd wait up until she got home and interrogate her at 2 A.M. because I "knew."

It blew up every time. She'd deflect. I'd push harder. She'd cry or yell. I'd lose it. Nothing ever got resolved. I was dying inside.

The turn came when I removed the tracker. I chose the gym. I chose consistency with my kids. I told myself: "I don't need her movements to move my life. My kids need a steady father more than I need 1 A.M. answers."

My standard now: "I don't do double life. If there's contact with him, I choose space."

I practice this: I ask a plain yes/no. If YES, we set a daytime window and one next step. If NO or FOG, I choose space. No yelling. No threats. Clean move.

Chasing truth shrinks you. Standing for it builds you. The king doesn't beg for honesty—he sets the standard and watches what she chooses. Then he moves accordingly.

Chapter 6: Boundaries, Not Ultimatums

Boundaries protect you. Ultimatums try to control her. One works.

Hard Truth: The Difference That Changes Everything

- **A boundary is what you'll do. An ultimatum is what you'll force her to do.** You can control your move. You can't control hers. Boundaries are about you. Ultimatums are about controlling her, and they always blow up.
- **Ultimatums have countdowns and threats.** "If you don't do this by Friday, I'm calling a lawyer." "Either you end it or I'm leaving." You're begging. Kings don't beg. Kings act.
- **Boundaries have clean follow-through—no debate.** "I don't do intimacy without clarity. If that doesn't change, I choose space." You say it once. You do it. No countdown. No extra warnings.
- **Ultimatums come from anger. Boundaries come from clarity.** When you're hot, you threaten. When you're calm, you set a line. Threats empty fast. Boundaries hold.
- **She can ignore an ultimatum and call your bluff. She can't ignore a boundary—because you're the one enforcing it, not her.** You're not asking her permission to protect yourself. You're telling her what you're doing.
- **One boundary beats ten ultimatums.** If you threaten ten times and don't follow through, your word is worthless. One clean boundary, enforced once, teaches her everything.

Ultimatums keep you trapped in her choices. Boundaries set you free.

BOUNDARY vs. ULTIMATUM (Quick Reference)

Ultimatum	Boundary
"You have to end contact or I'm leaving."	"If there's ongoing contact, I choose space."
"Either you get STD tested or we're done."	"I don't resume intimacy without clear answers and clean results."
"If you leave tonight, don't come back."	"If you leave, I'm sleeping in the guest room tonight. We'll talk :."

Most men don't set boundaries—they set ultimatums. And they set them angry. You're heated, she's deflecting, and suddenly you're threatening custody, divorce, or consequences you can't actually enforce. In that moment, you feel powerful. By tomorrow morning, you feel hollow.

Here's why: anger is a terrible strategist. It makes you say things you don't mean, set consequences you won't follow through on, and hand her proof that you're not steady. She learns your threats are empty. You learn you can't trust yourself. Boundaries aren't angry—they're clear. A boundary is what *you'll* do, not what you'll *force her* to do. You're not trying to control her with threats. You're protecting yourself with actions. The difference is huge. When you lead with anger, you're reacting to her choices. When you lead with a boundary, you're leading yourself. One shrinks you. One builds you. The king doesn't yell his boundaries—he lives them.

Boundary Rehearsal 10 (New Drill, ~10 Minutes)

Goal: Write one boundary, practice saying it, and lock it in before you need it.

Steps (Run This Tonight)

1. Pick one boundary. Just one. (Examples: no late-night debates, no contact with him, no intimacy without clarity, protected sleep, my time matters.)

2. Write it in Boundary Grammar: "I don't do [single issue]. If it happens, I will [clean action]."

Example: "I don't do midnight debates. If it happens, I'm sleeping in the guest room."

3. Pick one enforce. What will you actually do? (separate rooms / I take space / logistics by text / I leave / we pause [activity]).

4. Practice saying it out loud. In the mirror. In your car. Out loud. Own the words.

5. Text yourself the line. Send it to your phone. Read it back. You need to see it written.

6. Place a sticky note where you'll see it. On your bathroom mirror. Your car visor. Your work desk. You're priming your brain to use it when pressure hits.

Bonus: Ping your backup person. Text them: "I set a boundary tonight. [Your line]. I might need a check-in at : to stay steady."

BOUNDARY GRAMMAR

Format: "I don't do [single issue]. If it happens, I will [clean action]."

Examples:

- "I don't do late-night debates. If it happens, I'm sleeping in the guest room."
- "I don't do midnight check-ins. If it starts, I'm stepping out. We'll talk at the daytime table."
- "I don't do contact with him. If it happens, I choose space for 48 hours."
- "I don't do intimacy without clarity. If it happens anyway, I'm sleeping separately until we reset."

One issue. One action. Done.

CROWN TEST

"Would a king beg—or act?"

If your boundary sounds like a threat or a plea, rewrite it. A king doesn't say "or else." A king says "I'm doing this." That's it. No negotiation. No emotion. Just the move.

Script Cards (Say These Exact Words)

SCRIPT CARD: No Midnight Debates

"It's after 9 P.M. and we're escalating. I'm not doing this tonight. We'll talk at the kitchen table : tomorrow, 30–45 minutes, one topic. I'm going to bed now."

How to use: When she tries to start a heavy conversation late. Say it once. Walk away. Don't engage with her response.

SCRIPT CARD: Logistics Only

"Tonight is logistics only. Kids, money, schedules. We're not doing relationship talks after : P.M. Daytime window is : tomorrow."

How to use: When she tries to sneak heavier topics into practical conversations. Say it. Redirect. If she keeps going, repeat and leave the room.

SCRIPT CARD: Separate Rooms Tonight

"We need separate rooms tonight so we can both rest. This isn't punishment—it's protection. We'll connect at : tomorrow. Logistics by text if it's urgent."

How to use: When the conversation has escalated and you need space to cool down. Say it. Take your pillow. Close the door. Don't debate the arrangement.

SCRIPT CARD: Contact With Him → I Choose Space

"If there's contact with him, I choose space. Not as punishment. As protection. I'll take 48 hours and we'll check in : on Thursday."

How to use: When she mentions talking to him or you sense it's happening. Say it calmly. Set the timer. Follow through whether she agrees or not.

SCRIPT CARD: Intimacy Line

"I don't resume intimacy without three things: clarity on the timeline, an STD test with clear results, and your choice to end contact. All three. That's the boundary."

How to use: If she tries to initiate or pressure you into sex. Say it once. Don't add emotion. If she pushes, repeat and leave the room.

SCRIPT CARD: My Time Matters

"I'm not dropping everything when you need me. I'll check in at :. If it's an emergency, text me and I'll respond. Otherwise, I'll see you then."

How to use: When she demands your time immediately or acts like you owe her constant availability. Say it. Set the time. Stick to it. This teaches her you have a life too.

BOUNDARY LADDER: Late-Night Arguing

State: "We're getting loud and it's late. I'm pausing this conversation. We'll talk at the kitchen table : tomorrow, 30–45 minutes."

Hold: Phone on DND. Go to another room. If she follows or keeps texting, repeat: "Tomorrow at :. Kitchen table."

Enforce: "If this restarts tonight, I'm sleeping in the guest room. Logistics by text only."

How to use: State it once. If she tests it, hold firm. If she crosses it again, enforce without yelling. No countdowns. No threats. Just the move.

BOUNDARY LADDER: Leaving the House at Night

State: "If you leave at night, I'm not doing a 2 A.M. debate when you come home. I'll be sleeping. We'll talk at : tomorrow at the table."

Hold: When she comes back, don't engage in conversation. Say once: "Tomorrow at :. Kitchen table." Then go to bed. Text only if logistics about kids.

Enforce: If she wakes you up or tries to start an argument: "Separate rooms tonight. We're talking tomorrow. Nothing more tonight."

How to use: Set this boundary *before* she leaves, not after. If she tests it by trying to force a conversation at midnight, enforce calmly. You're protecting your sleep and your dignity

BOUNDARY LADDER: No Double Life

State: "I don't do double life. If there's ongoing contact with him, I choose space."

Hold: "I'm not tracking you or asking questions. I'm watching your choices. If the boundary is crossed, I'll decide what space looks like."

Enforce: "Starting : I'm taking 48 hours / separate rooms / we're pausing [activity—intimacy/shared time]. We'll reset when you're ready to be clear."

How to use: This is about watching her *actions*, not chasing her *movements*. No snooping. No interrogations. You're calm and clean. You set the boundary. You watch what she does. You move based on that.

CHILDREN-FIRST LENS

Every boundary you set teaches your kids what they should accept (or reject) in their own lives later.

If you argue in front of them, they learn marriage = chaos. If you hold a boundary calmly, they learn: healthy people set lines. If you let yourself get walked over, they learn: it's okay to abandon yourself.

What do you want them to see?

MONEY PRINCIPLE

Example boundary: "We don't use business money for personal gifts. If it happens, I pause non-essentials and we schedule a finance window to reset."

One line. One action. No lectures. No controlling her spending. You're protecting what matters to you.

Faith Option

"Father, give me the strength to hold this line. Help me remember that a boundary isn't cruelty—it's love for myself and my family. Guard my words. Steady my resolve. Amen."

"Simply let your 'Yes' be 'Yes,' and your 'No' be 'No'; anything beyond this comes from the evil one." — Matthew 5:37

"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." — Genesis 50:20

Coach's Note (Ty)

I once set a sex boundary: "No intimacy until STD results are clear." Then, three minutes later, she came on to me and I caved. I lost all credibility. With her. With myself.

Later, I set it again. This time I held it. No debate. No explanation. If she pushed, I slept in the guest room. Took me a week to stop second-guessing myself, but I did it. That boundary changed everything.

I set an alone-time boundary: "I'm not dropping everything. I'll check in at 6 P.M." She'd call at 3 P.M. demanding I come home. I didn't. I showed up at 6. That taught her I have a life too.

When she'd leave at night, I used to wait up for the midnight conversation. Not anymore. One boundary: "If you leave, separate rooms. We talk tomorrow." She'd come home, try to start a debate. I'd say: "Tomorrow at the table" and go to sleep. No yelling. No begging. Just the move.

I stopped arguing in front of the kids. Period. One boundary: "Not in front of them." She'd keep going, I'd stand up and leave. The kids learned something that night—their dad doesn't lose it. The Crown Test became my filter: Would a king beg? Would a king negotiate his own boundaries? No. He sets them and does them.

Chapter 7: Stay, Space, or Wait — Decide in 72 Hours

You don't have to decide on the marriage tonight. You do have to choose your lane for the next 72 hours.

Hard Truth: Why Men Get Stuck

- **Not deciding is still a decision—usually the worst one.** You drift. You debate. You flip. Nothing changes. You lose trust in yourself. The kids lose trust too.
- **Flipping lanes every few hours makes your word soft.** Monday you're moving out. Tuesday you're begging her to stay. Wednesday you're back in. She learns: wait long enough and he'll change his mind. Your boundaries become meaningless.
- **Clarity comes from conditions you hold: sleep, no midnight debates, logistics-only after hours.** You don't need perfect peace to pick a lane. You need a simple plan you can keep for 72 hours.
- **Kids need predictable rules more than perfect words.** If you're steady—even if you're hurting—they feel safe. If you're all over the place, they feel the chaos.
- **One lane > ten threats.** You're deciding for 72 hours, not forever. Pick it. Hold it. Reassess on Day 3.

Why Anger Can't Pick Your Lane

You're angry. You should be. But anger is the worst navigator you've ever had. When you're heated, you don't choose a lane—you lash out and call it a decision. You threaten to leave when you're not ready to go. You force her out when you haven't thought about the kids' week. You flip between "never again" and "let's try" three times in one night. That's not leadership—that's chaos. Here's the truth: you can't make good decisions when you're emotionally unstable. Your brain is flooded.

Your judgment is shot. Everything feels urgent when nothing actually needs to be solved in the next ten minutes. The best decisions you'll make this week will come when you're calm, rested, and clear—not when you're pacing the kitchen at midnight with your heart pounding. That's why you're choosing a lane for 72 hours, not forever. You're buying yourself time to get steady before you decide anything that matters. Anger tells you to blow it all up tonight. Wisdom tells you to protect sleep, hold one rule, and reassess on Day 3. One builds you. One destroys you. Pick the one that makes you unbreakable.

72-Hour Decision Board (New Drill, ~10 Minutes)

Goal: Lock a lane for 72 hours with 1–2 house rules you can actually keep.

Steps (Run This Tonight)

1. Set a 10-minute timer. Phone facedown.

2. Draw three columns on paper: STAY / SPACE / WAIT

3. Under each column, list non-negotiables you'll keep no matter what:

- No midnight debates
- Logistics-only after 8:30 P.M.
- Kids-first (no arguing in front of them)
- Protect sleep (4–7 hours minimum)
- Water + push-ups before hot replies
- One stabilizer daily (walk, lift, prayer)

4. Pick the lane that best protects sleep and the kids with the least conflict for the next 72 hours. Use the Decision Tree to choose. Circle it.

5. Write one house rule for your lane. (Examples are below.) One rule. Just one. You need to be able to hold it.

6. Text yourself the matching Script Card from below. Read it back. Own it.

7. Put the paper on your fridge or nightstand. You're locking it in. Done.

72-HOUR SCORECARD

Track these for three days:

Sleep: __/3 nights
☐ **No hot texts**
☐ **No midnight debates**
☐ **Kids settled**
☐ **One stabilizer daily**

By Day 3, you'll see the pattern. That's your clarity.

Decision Tree + House Rules

Quick Decision Tree (Pick Your Lane)

Start here:

- Any risk or chaos (violence, threats, blocked doors)? → SPACE now. Kids first. Logistics by text. If unsafe: call local help.
- Still contacting him or nightly blowups? → SPACE for 72 hours. Reset Day 3 at the kitchen table.
- No contact + you can share a roof without nightly fights? → STAY with rules for 72. Protected sleep. Separate rooms if hot.
- Foggy but not chaotic; want to pause before deciding? → WAIT for 72: one kitchen-table window scheduled. No big decisions after 9 P.M.

House Rules (By Lane)

STAY

- Kitchen-Table Standard: Daylight, 30–45 min, one topic, timer on.
- No midnight debates. If it heats up, separate rooms.
- Kids see you steady. No arguing in front of them.
- Daily stabilizer. Use Trigger Reset (Ch. 3), Sleep Tonight (Ch. 2).

SPACE

- Logistics by text only: Kids, money, calendar.
  Daily logistics check-in at :.
- Day 3: Kitchen-table 30 minutes → next step.
  Kids get your steady presence.

WAIT

- One scheduled table talk in 24–48 hours ("what happens this week").
- Night routine nightly (Ch. 2). No big decisions after 9 P.M.
- Day 3: Reassess.

RED / YELLOW / GREEN — Day-3 Call

GREEN (on-time, calm talk, one action happened): Keep your lane or step toward STAY for another 72 with same rules.

YELLOW (vague talk, tests, sloppy action): Extend WAIT 48–72 hours with one clearer house rule.

RED (no-shows, deflection, blowups): Choose SPACE for another 72. Logistics by text only. Children first.

You're not chasing feelings; you're reading the pattern.

Script Cards + Boundary Ladder + Non-Agreement

SCRIPT CARD: Choosing Space (72 Hours)

*"I'm choosing 72 hours of space. Logistics by text only. We'll check in at **:** each day and meet at the kitchen table **:** on Day 3 for 30 minutes. This isn't forever—it's three days to get clear."*

SCRIPT CARD: Staying in Place (Rules for 72 Hours)

"We're staying under one roof for the next 72 hours with rules: kitchen table in daylight only, one topic, 30–45 minutes max. No late-night debates. If it turns hot, we separate rooms. We reset on Day 3 at the table."

SCRIPT CARD: Wait (Micro-Pause)

*"I'm not deciding big things tonight. We'll meet at **:** tomorrow for 30 minutes—one topic: what happens this week. I'm protecting sleep and the Children's peace while I get clear."*

SCRIPT CARD: Children-First Logistics

"Let's keep tonight to Children' logistics and schedules. Relationship talks go at the kitchen table in daylight. The children need to see us steady, not fighting."

BOUNDARY LADDER: Decision Mode

State:"We chose [Stay/Space/Wait] for 72 hours. I'm holding the rules we set."

Hold:"We're off for tonight. Kitchen table **:**." (Then step away / separate rooms / end the text thread.)

Enforce: "Logistics by text only until **:** / separate rooms tonight / I'm leaving for the night and will check in at **:**."

No countdowns. No threats. Just your move.

IF SHE WON'T AGREE (Non-Agreement Path)

You don't need agreement to protect your lane.

Say once: *"I'm choosing [Stay/Space/Wait] for 72 hours. Kitchen table at :. Logistics by text."*

Then act on it. No debate. No countdowns.

SAFETY LENS

Don't block exits or physically prevent re-entry. If anyone is unsafe (violence, threats, substance chaos), remove yourself and the Children and call local help (U.S. 911). This book teaches your clean moves—not force.

Children MICRO-SCRIPT

If they ask, "Are you and mom okay?"

Say: *"We're working on it. I'm making sure home stays calm. I love you, and I'm here."*

Short, steady, no details.

Faith Option

"Father, give me a clear mind and a steady spine. Lead me into life and peace these next 72 hours. Guard the kids. Calm my heart. Amen."

"The mind governed by the Spirit is life and peace." — Romans 8:6

Coach's Note (Ty)

Early on, I kept flipping. Told her never come back at night. Next day, I let her in. The children watched me fall apart. I felt like I let them down by giving the affair more attention than them.

One time she left to be with him. I took the children to their grandparents. When she came back, the locks were changed. Next day I texted: "If you're choosing him, I'm done with the triangle."

The house rule that saved me: never argue in front of the children. Full stop. I poured myself into my children -first time during those hard 72 hours. Presence. Attention. Love.

She'd push to debate. I'd say: "I'm not a debating partner—if you want debates, run for president. Not in front of our children." Then I'd step out with them.

The truth line I needed: "I choose to get out of this triangle and focus on becoming the best version of myself."

By Day 3, tiny wins: I was present with my children. I slept. My mind was quieter. I knew my lane.

You don't need the whole marriage figured out in 72 hours. You need to know your lane and hold one rule. That's all.

CHAPTER 8 — Eat, Lift, Focus On You, Repeat

You don't think your way out of this. You train your way through it.

Hard Truth: Why Body First Works

- **Your body state leads your mind state.** If you're weak, hungry, and tired, your decisions will be weak, hungry, and tired. Train your body first. Your mind follows.
- **Simple beats complicated every time.** You don't need a perfect plan. You need a repeatable one. Four protein hits. Lift three times. Sleep four hours minimum. Done.
- **The next session beats perfection.** Missed yesterday? Doesn't matter. Today's lift counts. Today's meal counts. The man who shows up beats the man who plans perfectly and does nothing.
- **Move first, then feel.** Don't wait to feel motivated. Do ten push-ups right now. Your feelings will shift after the movement, not before.
- **Progress is math, not magic.** Add one rep. Add five pounds. Add one extra protein hit. Small moves compound. Kings don't need fireworks—they need consistency.
  I'm the man who shows up for myself no matter what is going on in my life. I keep showing up, I keep choosing me because I am unbreakable.

Give Your Pain a Job

Your pain doesn't disappear because you ignore it. It doesn't leave because you wish it away. Pain sits in your chest, your gut, your hands—and if you don't give it a job, it will destroy you. Most men try to think their way through betrayal. They replay the scenes. They hunt for answers at 2 A.M. They argue in circles. That's pain with no direction—and it tears you apart from the inside. Here's what works: give your pain a job. Channel it into iron. Into protein. Into showing up for yourself when no one else will. Every rep you complete is proof you're still here. Every meal you prepare is a vote for the man you're becoming.

Every morning you wake up and choose discipline over comfort, you're building a foundation that no affair can crack. This isn't about getting ripped or hitting PRs—it's about reclaiming your body when your world feels out of control. When you can't control her choices, you control your next meal. When you can't predict her words, you control your next set. That's power. That's dignity. And here's the part most men miss: working out, eating clean, and focusing on yourself isn't selfish—it's the most responsible thing you can do right now.

Your kids need a steady father, not a broken one. Your future needs a man who didn't abandon himself when it got hard. Lifting teaches you that progress is simple math: show up, add weight, repeat. Eating teaches you that you're worth the effort it takes to fuel yourself well. Focusing on you teaches you that your value isn't tied to her choices. This is the foundation. Not for revenge. Not to "show her." For you. Because the man who takes care of himself when everything is falling apart is the man who becomes unbreakable. Give your pain a job. Make it build you.

NEW DRILL: STRONG-10 (Change State in 10 Minutes)

Goal: Kill the spiral with protein + movement + one next step.

Steps (Run This Now)

1. Protein hit (30–40g). Pick one:

- 2 scoops whey + water
- Core Power 42g shake
- Ratio Protein Yogurt (25g) + 1 scoop whey
- 6 oz chicken or ground beef

Core Power 42g counts as a full protein hit. Keep it simple.

2. Water (12–16 oz). Add a pinch of salt if you haven't eaten in hours. Drink it fast.

3. Move (6 minutes total):

Minute 1: Push-ups (as many as you can, solid form)
Minute 2: Air squats (slow down, full depth)
Minute 3: Bent-over rows (dumbbell, band, or loaded backpack)
Repeat once: Push-ups → Squats → Rows

4. Truth line (say it quietly): *"Iron before impulse. Fuel before feelings."*

5. Write one line: "Next win: _____."

Example: "Next win: 30-minute lift at 6 P.M." or "Next win: sleep by 10:30."

That's it. You just changed your state in ten minutes.

PROTEIN-4 RULE

Four protein hits per day (30–40g each). Miss one? Add it later. Don't skip two in a row.

Example day: breakfast shake, lunch chicken, post-lift shake, dinner steak. Done.

Minimum-Effective Lifting (20–30 Min That Works)

The 5 Patterns

Every lift covers one of these: Squat • Hinge • Push • Pull • Carry/Core

You don't need ten exercises. You need these five done well. DB stands for Dumbbell

Full-Body A (20–30 Minutes)

Goblet Squat — 3 sets × 10 reps
DB Floor Press or Bench Press — 3 sets × 10 reps
1-Arm DB Row — 3 sets × 10 reps per side
Farmer Carry — 3 sets × 40–60 steps

Bodyweight-Only Option

No weights? Do this:

5 rounds:

- 8–15 push-ups
- 12–20 air squats
- 20–30 second plank

NON-NEGOTIABLE (Ty Neal)

100 push-ups daily. Split however you want. Example: 4 sets × 25 reps. Every single day. This builds your backbone.

Eat Simple. Repeat. (Macro-Lite That Men Follow)

BODY PATTERN TRACKER (Mini Table)

Day	Protein-4? Y/N	Lift/Walk?	Sleep 4-7h?	Notes
1				
2				
3				
4				
5				
6				
7				

Track it. You'll see the pattern. Good weeks come from good days.

Simple Plate Method Every meal, aim for:

Protein: Size of your palm
Carb: Cupped handful
Fat: Size of your thumb
Veg: If available (don't stress it)

Training Day

Pre-lift: Protein + carb (shake + banana, or chicken + rice)
Post-lift: Protein + carb (shake + rice, or burrito with double meat)
Meal 3: Protein + veg (chicken + salad, or steak + broccoli)
Extra hit: Protein shake or yogurt

Non-Training Day

Meal 1: Protein + veg (eggs + spinach, or chicken + greens)
Meal 2: Moderate protein + carb (turkey sandwich, or bowl with chicken + rice)
Snack: Protein (shake, yogurt, jerky)
Dinner: Protein + veg (steak + salad, or salmon + asparagus)

Caffeine & Sleep Guardrails - Cut caffeine 6–8 hours before sleep. If you're sleeping at 10 P.M., no caffeine after 2–4 P.M. Protein first at night. Eat dinner with protein. Your body rebuilds while you sleep.

Optional: 10–20 minute walk after dinner. Lowers stress. Helps digestion.

Scripts + Boundary Ladder

SCRIPT CARD: Protect the Hour

"I'm training from : to :. I'll be fully available after. This makes me better for all of us."

How to use: When she tries to interrupt your lift or walk. Say it once. Go train. Come back when you said you would.

SCRIPT CARD: Decline the Derail (To Self)

"I don't negotiate with the version of me that wants comfort. Ten minutes. Start."

How to use: When you don't feel like lifting. Say this out loud. Set a timer for ten minutes. Start moving. You'll finish the session.

BOUNDARY LADDER: Guard the Routine

State: "I train [days/times]. I'm protecting this so I can show up better."

Hold: "I'll talk after my session at :." (Then go train. Phone on DND.)

Enforce: "If this keeps interrupting my routine, we'll schedule all talks at the kitchen table only."

No threats. Just the move.

Faith Option

"Lord, train my hands for war and my heart for peace." (cf. Psalm 18:34)

"I discipline my body and keep it under control, so that after preaching to others I myself will not be disqualified." — 1 Corinthians 9:27

"A man without self-control is like a city broken into and left without walls." — Proverbs 25:28

Coach's Note (Ty)

I was scrolling Facebook. Saw a photo of her wearing his hat. The spiral rose fast. I felt the heat in my chest. My hands started shaking.

I dropped to the floor and did push-ups. I didn't count. I just moved until the storm calmed. When I stood up, I told myself: I won't let her choices rule my life. I choose myself.

That became my non-negotiable: 100 push-ups daily. Split however I wanted. Some days 4 sets of 25. Some days 10 sets of 10. Every single day. That built my backbone.

I kept truth lines in my head: *Iron before impulse. My standard outranks my feelings. Kings conduct themselves like a king.*

I built a food backbone: Ratio Protein Yogurt, Core Power shakes, chicken thighs, brown rice. Simple. Repeatable. No excuses.

The identity line that saved me: *I'm the man who shows up for myself no matter what is going on in my life. I keep showing up, I keep choosing me because I am unbreakable.*

Proverbs 25:28 became my anchor: A man without self-control is like a city broken into and left without walls. I wasn't going to be that man. I was going to build the walls back—one rep, one meal, one steady move at a time.

CHAPTER 9: 7-Day Stabilization Planner

Why 7 Days + How to Use + Win by Day 7

You won't fix the marriage this week. You will stabilize your mind, protect sleep, and show your kids steady. That's the win.

How to Use

- **Pick a lane for Days 1–3** (STAY / SPACE / WAIT). Reassess Day 3. See Chapter 7.
- **Run the same AM / Mid / PM cadence daily.** See Chapters 2, 3, 8 for the full routines.
- **Record wins in the Pattern Tracker** (Page 5). See Chapter 5 for details.

WIN BY DAY 7 (Objective Targets)

- **Sleep ≥ 4 nights** (4–7 hours each)
  0 midnight debates
- **2–3 training sessions** or 7× STRONG-10
- **20+ protein hits** (≈ Protein-4 most days)
  1 kitchen-table window completed
  1 boundary held and enforced once
  1 Children-first outing

Hit 5 of 7 = Green Week.

Week Map + Daily Cadence

Week Map (7-Day Focus)

Day 1: Stop the spin — pick lane
Day 2: Sleep Tonight — set talk window (See Ch. 2)
Day 3: Decide lane check — 30–45 min table (See Ch. 7)
Day 4: Trigger reps in the wild (See Ch. 3)
Day 5: End the fight — S.T.A.R. Off-Ramp (See Ch. 4)
Day 6: Get plain truth — Clarity-10 (See Ch. 5)
Day 7: Eat • Lift • Lock — STRONG-10 (See Ch. 8)

Daily Cadence (Same Every Day)

AM (5–10 minutes):
Water → 20 push-ups → truth line: *"Iron before impulse. My standard outranks my feelings."*
See Chapter 8.

Mid (as needed):
TRIGGER RESET if surge hits. Cold water → push-ups → walk → truth line.
See Chapter 3.

PM (15 minutes):
Sleep Tonight routine. Wind-down, cold water, push-ups, journal dump, prayer, lights out.
See Chapter 2.

CHILDREN-FIRST MICRO-BOX

Not in front of them. Ever!

Lane & Rule + If-Then Troubleshooters + Scripts

72-Hour Lane (Days 1–3)

Circle one: STAY / SPACE / WAIT

One House Rule (Boundary Grammar)

Format: "I don't do [single issue]. If it happens, I will [clean action]."

Your rule: _____

IF-THEN TROUBLESHOOTERS (Micro-Scripts)

If she presses at 11:30 P.M.:
"Not tonight. Table : tomorrow. I'm going to bed."

If she no-shows the table:
"Noted. I'm choosing space for 48 hours. Logistics by text."

If kids melt down mid-talk:
"Pause. Kids first. We'll resume at : or push to tomorrow."

SCRIPT CARD: Choosing Space (72 Hours)

"I'm choosing 72 hours of space. Logistics by text only. Daily check-in at :. Day-3 kitchen table at : for 30 minutes."

SCRIPT CARD: Staying in Place (Rules for 72)

"Under one roof for 72 hours. Daylight table only, one topic, 30–45 minutes. No late-night debates. If it heats up, separate rooms. Day-3 reset at :."

SCRIPT CARD: WAIT (Micro-Pause)

"I'm not deciding big things tonight. We meet at : tomorrow for 30 minutes—one topic: what happens this week."

NON-AGREEMENT PATH

You can act without agreement: state your lane, then live it.

Eat • Lift • Focus + Red/Yellow/Green Day Protocol

Protein-4 Rule

Four protein hits per day (30–40g each): Ratio Protein Yogurt, Core Power 42g, chicken thighs, eggs, tuna. See Chapter 8.

Two Day Templates

Training Day: Protein-4 + full-body lift 20–30 min + 6–8k steps. See Chapter 8.

Non-Training Day: Protein-4 + STRONG-10 + 6–8k steps. See Chapter 8.

Truth During Sets

"Iron before impulse. My standard outranks my feelings."

RED / YELLOW / GREEN DAY PROTOCOL

RED (chaos / contacts / blocked door):

1. **SPACE now** (See Ch. 7)
2. Logistics by text only
3. Safety first (leave / call local help)

Script: *"I'm choosing space. Logistics by text. Day-3 table :."*

YELLOW (deflection / FOG):

1. Run Clarity-10 tonight (10 min)
2. Set tomorrow's window
3. No late-night debate

Script: *"Plain yes/no at : tomorrow. I won't chase tonight."*

GREEN (calm / clear action):

1. Bank the win—early lights-out
2. Schedule next table
3. Kids-first time

Script: *"Good progress today. Next table : for 30 minutes—one topic."*

Tonight's Checklist

- Lane circled
- One house rule written
- Script Card sent
- Talk window set **:**
- TRIGGER if hot
- Phone on DND
- Lights out by **:**
- Protein prepped for AM

Faith Option

"Lord, train my hands for war and my heart for peace." — Psalm 18:34

"A man without self-control is like a city broken into and left without walls." — Proverbs 25:28

Coach's Note (Ty)

One week I picked a lane and held one rule. Sleep, no midnight debates, push-ups on surge, simple protein, table talk once. Not perfect—enough. By Day 7 I felt steady and my children saw it. That's the win.

I'm the man who shows up for myself no matter what is going on in my life. I keep showing up. I keep choosing me. Because I am unbreakable.

Keep showing up.

CHAPTER 10: You Made It a Week — Here's What's Next

You Did Something Most Men Never Do

You made it seven days.

You didn't make it perfect. You missed some sleep. You probably lost your cool once. Maybe you sent a text you wish you could take back. Maybe you caved on a boundary you said you'd hold.

But you're still here. You didn't completely blow yourself up. You didn't beg her back at 2 A.M. You didn't show up at his house. You didn't abandon your kids to chase answers that wouldn't have helped anyway.

That's not small. That's proof you're not broken beyond repair.

Most men never get this far. They buy the book. They read Chapter 1. Then they go right back to the spiral—chasing her choices, monitoring her phone, flipping decisions every twelve hours, dying quietly inside while pretending they're fine.

You didn't do that. You showed up for yourself this week. That matters.

But Here's the Hard Truth

One week isn't enough.

You know that. You can feel it. The 2 A.M. loops are still there. The triggers are still hitting. You're still waking up and remembering all over again. You've got some tools now—Trigger Reset, Sleep Tonight, boundaries, the 72-hour lane—but you're white-knuckling it. You're doing this alone.

And doing this alone will keep you stuck.

I know because I tried it. For months. I monitored her. I flipped lanes every other day. I obsessed over her choices instead of focusing on my own life. I told myself I was "handling it" while I was falling apart inside.

It didn't work.

Here's what happens when you try to do this solo:

- **The loops come back stronger.** You think you've got it handled, then one photo, one text, one memory hits and you're back at square one.
- **You slide back into old patterns.** Begging. Snooping. Exploding. Numbing out with work, porn, alcohol, or just shutting down completely.
- **You doubt your own boundaries.** You set a line. She tests it. You cave. You lose respect for yourself. She loses respect for you. The cycle repeats.
- **You stay isolated.** You can't talk to your boys about this. You can't tell your family the whole story. You're carrying this alone, and it's crushing you.

I needed structure. I needed coaching. I needed other men who understood what I was going through and wouldn't let me bullshit myself. That's what got me through. Not just the drills. The brotherhood. The accountability. The guy who looked me in the eye and said, "You're lying to yourself right now. Here's what you're actually going to do."

What Coaching With Me Looks Like

Let me be clear about what this is and what it isn't.

This is not:

- A place to just bash your wife
- A guarantee I'll save your marriage
- A magic pill that fixes everything in thirty days

This is:

- A place to rebuild you—body, mind, money, leadership, faith
- A structure that helps you become a steady father and a man you respect, whether the marriage makes it or not
- A process for making clean, grounded decisions instead of emotional ones

I work with men who are:

- **Done begging and chasing.** You're not here to win her back with tactics. You're here to become unbreakable.
- **Willing to be coached and challenged.** I'm not a therapist. I'm a coach. I'll call you out when you're lying to yourself.
- **Looking for a plan, not just a venting session.** You'll get accountability, structure, and real moves—not just someone nodding along.
- **Serious about their kids and their future.** This isn't just about the marriage. It's about the man you're becoming.

If that's you, I want to talk.

Here's What Happens Next

I recorded a short video for men who finished this book. It's 10 minutes. In it, I walk through:

Here's exactly what to do next:

Step 1: Go to **[http://manunbreakable.com]**
Step 2: Watch the short video I recorded for men who finished this book
Step 3: Fill out the short form on that page

After you watch the video, you'll fill out a short form. It's not a sales pitch. It's so I can understand where you are—your situation, your pain points, what you've tried, and whether coaching with me is the right move for you right now.

No pressure. No games. No obligation. Just: "Here's what it would look like if we walk this road together."

If You're Hesitating

I get it. You're thinking:

> *"I should be able to handle this alone."*
> *"I don't have time."*
> *"I'm not ready."*

Let me reframe that.

Getting help is not weakness. It's leadership. Kings don't do everything solo. They surround themselves with men who sharpen them. You don't need to have it all figured out. You just need to be willing to watch a video and answer a few questions honestly.

You don't have time? You had time to read this book. You had time to do the drills this week. What you don't have time for is another six months of spinning your wheels, losing sleep, and quietly falling apart while everyone around you thinks you're fine.

You're not ready? You don't need to be 100% ready. You just need to be willing to take the next step. Watch the video. Fill out the form. See if this is a fit. That's it.

The longer you wait, the harder this gets. I'm not saying that to pressure you. I'm saying it because it's true. The patterns you're running right now—the loops, the emotional decisions, the isolation—they compound. They get deeper. They get harder to break.

You made it one week. That's proof you can do this. But you don't have to do it alone.

One Last Thing

You picked up this book because you were hurting and you needed help tonight. I hope it gave you that. I hope you got some sleep. I hope you held a boundary. I hope you showed up for your children this week in a way that made you proud.

But this book was never meant to be the end. It was meant to be the beginning.

The man you're becoming—the one who shows up for himself, who holds boundaries, who leads with clarity instead of emotion, who builds something unbreakable—that man doesn't get built in seven days. He gets built over months. With structure. With accountability. With other men in the fight beside him.

I've walked this road. I know what it takes. And I'm here when you're ready to walk it with me.

I'm the man who shows up for myself no matter what is going on in my life. I keep showing up. I keep choosing me. Because I am unbreakable.

That's who you are. That's who you're becoming.

go to **[**http://manunbreakable.com**]** **now** and watch the video, and fill out the short form.

I'll see you on the other side.

— Ty Neal