



BONUS

THE 30-DAY INTIMACY REBUILD BLUEPRINT



Your Day-by-Day
Plan to Rewire,
Reconnect, and
Rebuild a Powerful
Sex Life That Lasts.



**DAY-BY-DAY
GUIDANCE**

30 days of simple,
clear action steps



**REWIRE YOUR
NERVOUS SYSTEM**

Build lasting confidence
from the inside out



**DEEPER CONNECTION
& INTIMACY**

Rebuild trust, closeness
and sexual chemistry



**LOCK IT IN
FOR LIFE**

Sustain your results
forever

From Crisis to Connection.

REBUILD YOUR MARRIAGE. RECLAIM YOUR CONFIDENCE.

BONUS

THE 30-DAY INTIMACY REBUILD BLUEPRINT



THE 30-DAY INTIMACY REBUILD BLUEPRINT

Introduction

Day seven isn't the finish line, it's where you stop being in crisis. But you're still in recovery mode. The next thirty days are critical. This blueprint gives you day-by-day guidance so you lock in the rewiring permanently and never slip back. The formula is simple: gradually reduce maintenance while gradually increasing intimacy. By day thirty, you're not following a protocol anymore. You're just living.

DAYS 8-15: CONSOLIDATION PHASE

Your nervous system is still actively rewiring. The new pathways are forming but still fragile. Your job: keep them alive while normalizing intimacy.

Daily Rhythm:

- **Morning:** 5-8 cycles box breathing (your reset for the day)
- **Evening:** Mindset anchor, "Sex with my wife is safe. I don't need to perform. I just need to be present." (Say 3x before bed)
- **Anytime:** One moment of genuine presence with your wife

Weekly Ritual (NON-NEGOTIABLE): Every week, 15-20 minutes with your wife. No phones. Just you two. Ask: "How are you feeling about everything?" Listen. Share where you're at. This is what maintains emotional connection and prevents the old patterns from returning.

Intimacy Frequency:

- Week 1: 0-1 times (natural only)
- Week 2: 1-2 times (start normalizing)

Daily Checkpoints: Mark These Off:

- ❖ **Day 8:** Reset & reflect. Do full breathing. Review Chapter 4. Notice: how different do you feel from day 1?
- ❖ **Day 9:** Presence practice. 20 minutes fully present with wife (non-sexual). Notice what it feels like.
- ❖ **Day 10:** Gentle initiation. Hold her hand. Touch her face. Gentle closeness. Notice your nervous system staying calm.
- ❖ **Day 11:** First weekly ritual. Check in together. Acknowledge progress.
- ❖ **Day 12:** Breathing becomes automatic. Make it your first thing in the morning. Notice it's easier now.
- ❖ **Day 13:** Physical closeness (non-sexual). Lie next to her. Just be close. No expectations.
- ❖ **Day 14:** Celebrate week one. You made it through crisis mode. Try intimacy if you both want. Low pressure.
- ❖ **Day 15:** Increase frequency. Aim for 2 intimate moments this week instead of 1.

Week 1-2 Success Indicators:

- [] Anxiety reduced significantly from day 7
- [] Wife is visibly softer, more trusting
- [] Can imagine sex without dread
- [] Breathing is becoming automatic
- [] Presence is easier to access

DAYS 16-23: MOMENTUM BUILDING PHASE

Week two and three after the protocol. Your nervous system is now solidly rewired. The new pathways are getting stronger. You're not fragile anymore, you're getting stronger.

Daily Rhythm:

- **Morning:** 5 cycles box breathing (reduced from 8)
- **Evening:** Mindset anchor is now optional

- **Maintenance:** You barely need it anymore

Weekly Ritual: Keep doing this. Same format. This is now permanent infrastructure for your marriage.

Intimacy Frequency:

- Week 3: 2-3 times (building momentum without pressure)
- Week 4: Whatever feels natural (3x/week? 2x? Once? Doesn't matter — just natural)

Mid-Protocol Checkpoints:

- ★ **Day 16:** Reduce breathing to 5 cycles. Notice: your nervous system is stable without constant support.
- ★ **Day 17:** Try something new. Different time, position, or approach. Novelty helps rewiring.
- ★ **Day 18:** Let her initiate. If she does, say yes. Let her lead. Practice receiving, not always performing.
- ★ **Day 19:** Second weekly ritual. Check in: "How are things feeling for you?"
- ★ **Day 20-23:** Gradually increase intimacy. It should feel more natural now, not forced.

Week 3-4 Success Indicators:

- [] Can go whole days without thinking about anxiety
- [] Intimacy feels more natural
- [] Can skip breathing sometimes and feel fine
- [] Presence is becoming your default state
- [] Wife seems genuinely happy

DAYS 24-30: LOCK-IN PHASE

Final week. Your nervous system is solidly rewired. The new pathways are strong. Intimacy is normal. Your marriage is healed.

Daily Rhythm:

- **Breathing:** 4-5 cycles every other day (maintenance level)
- **Mindset:** Optional. You don't need it anymore.
- **Presence:** Automatic now.

Weekly Ritual: Still doing this. Make it permanent.

Intimacy Frequency: Whatever feels natural. You're not counting anymore. It's just happening.

Final Week Checkpoints:

- ☐ **Day 24:** Reduce to maintenance mode. Breathing now optional/as-needed. Notice you're strong without constant support.
- ☐ **Day 25:** Presence check. During intimacy, notice: are you 90% present or still monitoring yourself? You should be mostly present.
- ☐ **Day 26:** Third weekly ritual. Discuss: "What's next for us?" Look forward, not backward.
- ☐ **Day 27-30:** Intimacy is at natural frequency. You're not forcing it. It's just part of your life.

End of Month Success Indicators:

- [] Anxiety is gone or barely noticeable
- [] Sex feels normal (you're not thinking about "doing it right")
- [] Wife looks at you with desire, not worry
- [] You feel like yourself
- [] Can laugh about what you went through
- [] Ready to move forward, not living in recovery

QUICK REFERENCE: WEEKLY RITUAL FORMAT

This is the infrastructure that keeps everything locked in. Do this EVERY WEEK for the next month, then make it permanent.

Time: Pick one consistent time (Friday evening, Sunday afternoon, doesn't matter)

Duration: 15-20 minutes

Setup: No phones. No distractions. Just you two.

Your Role:

1. Ask her: "How are you feeling about everything? Any concerns?"
2. Listen. Actually listen.
3. Share: "I'm feeling more confident. I'm grateful for you."
4. Address anything she brings up.

Why It Matters: This ritual maintains emotional connection, which supports sexual connection. This is the foundation of your marriage healing.

RED FLAGS & QUICK FIXES

- **Flag: Still anxious by day 15** Fix: Go back to 8 cycles breathing daily. Increase weekly rituals to 2x per week. Some nervous systems take longer. That's okay.
- **Flag: Wife is pulling away again** Fix: Have a check-in. "I notice you seem distant. Are you okay? Do you have concerns?" Make sure she feels heard.
- **Flag: One bad night, now spiraling** Fix: Do extra breathing 2-3 days. Don't try again immediately. One bad night doesn't undo 30 days of progress.
- **Flag: Sex still not happening by day 20** Fix: Gentle conversation: "Would you be open to trying again? No pressure. Whenever you feel ready." And mean it.
- **Flag: Stopped breathing and now anxious again** Fix: Start breathing again. Your nervous system still needs support. That's normal. Keep going.

PROGRESS TRACKER

Print and check off daily.

Week 1 (Days 8-14): ☐ ☐ ☐ ☐ ☐ ☐ ☐

Week 2 (Days 15-21): ☐ ☐ ☐ ☐ ☐ ☐ ☐

Week 3 (Days 22-28): ☐ ☐ ☐ ☐ ☐ ☐ ☐

Week 4 (Days 29-30): ☐ ☐

Intimacy Frequency Tracking:

- Week 1: _____ times
- Week 2: _____ times
- Week 3: _____ times
- Week 4: _____ times

WEEKLY CHECK-IN QUESTIONS

Answer these at the end of each week.

- ❖ **Week 1:** Am I less anxious than day 8? Is my wife softer? Am I more present? (*YES to all = on track*)
- ❖ **Week 2:** Can I go whole days without thinking about anxiety? Is intimacy more natural? Is my wife happy? (*YES to all = solid*)
- ❖ **Week 3:** Is anxiety "gone" or just "managed"? Am I at normal frequency? Do I feel like myself? (*YES to all = locked in*)
- ❖ **Week 4:** Can I laugh about it? Is my marriage stronger? Would I do this protocol again? (*YES to all = transformed*)

BY DAY 30: YOUR NEW NORMAL

You don't need this blueprint anymore. You're not recovering, you're living.

Breathing: Once a week or whenever. Optional.

Weekly Ritual: Keep this forever. It's the infrastructure that keeps your marriage strong.

Intimacy: Happens naturally. You're not thinking about it. It's normal.

Anxiety: Occasionally it might pop up. 4 cycles of breathing. Done. You know how to handle it.

Marriage: Stronger than before. Because you know how to be vulnerable. You know how to be present.

This is permanent. You locked it in. Now you're just a man with a healthy marriage. That's it.