



BEFORE THE
RESET

*A Brutal Wake-Up Call
to Unplug the Chaos*

*With
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INTRODUCTION

THIS WILL ONLY WORK IF YOU DO

How to Get Your Mind Right Before You Unplug the Chaos

I'd be willing to bet that you've probably read books like this before. Maybe even started some kind of reset. Watched the videos. Bought the journal. Made a plan.

And maybe you stuck with it for a few days, maybe a week. Then life hit. You got tired. Busy. Discouraged. You slipped—and that little voice told you, “See? You can't do this.”



So you put it off. Again. This won't work if you do that again.

If you're here, reading this, it means some part of you is ready for change. Not surface-level tweaks. Actual change. The kind that costs something.

But here's what no one says out loud: You cannot halfway unplug from something that owns you.

If you're still keeping “a few distractions” around... if you're already planning how to bend the rules just enough to stay comfortable... don't bother.

Because this? This is going to require you.

Not just your interest. Not your curiosity.

Your full decision.

The dopamine loop you're stuck in—scrolling, snacking, overthinking, zoning out, starting and stopping—it's not just a habit. It's a pattern your brain has been practicing for years. One that's been stealing your clarity, your energy, your ability to actually enjoy life. And if you don't break it now, it won't break itself.

Here's the deal:

This reset is going to get uncomfortable.

You're going to want to quit.

You're going to hear every excuse in your head about why *"today's not a good time"* or *"you'll get back on track tomorrow."* or *"just one more time."*

And in that moment, the old version of you will want to win. But you're here to kill that version. The distracted version. The reactive version. The one who never really commits and then feels shame about it later.

You don't need another new system. You need to show up and do the one you already have.

This isn't magic. It's not some perfect detox that'll fix your brain overnight. It's just a door. A hard, narrow door you have to walk through daily—with full intention.

So yeah, this intro's a little harsh. It's supposed to be.

Because you don't need more motivation. You need a clear decision.

- Decide that this time is different.
- Decide that you're not playing around anymore.
- Decide that your future is worth whatever discomfort it takes to get your mind back.

And then? Show up. Every day. Especially when you don't want to.

That's when it's working.

That's when the shift happens.

CHAPTER I

WHY YOU'RE HERE

Let's be honest — you didn't land here because things are going great.

You're here because something feels off.

Your mind's loud. Your peace is gone. You've been stuck in a loop, chasing tiny hits that leave you emptier than before.

You keep checking your phone without meaning to.

You keep eating when you're not hungry.

You keep promising yourself you'll stop... and you keep going back.

And you know it's not just *"bad habits."* You feel it deeper than that. There's something in you that's tired. Not tired like *"I need more sleep."* Tired like *"I can't keep living like this."*

That's why you're here.

You're here because your brain is fried. You've overstimulated yourself into a place where focus feels impossible and quiet feels unbearable.

You used to be sharper, more driven, more present. Now? You're managing. Surviving. Distracted, even when you're trying not to be. You didn't ask for this. You didn't mean to slide into it. But here you are — barely able to sit still, barely able to think straight, and feeling more and more like you're not in charge anymore.

You're not crazy. You're not broken. But your system is flooded. Your nervous system. Your reward system. Your attention span.

This isn't about shame.

This is about **getting your life back.**

You're here because the old ways aren't working anymore.

The *"just one more scroll"* lie. The *"I'll get serious next week"* delay. The endless cycle of stimulation → **crash** → **guilt** → **repeat**.

Maybe you've been trying to do better. But no matter how good your intentions are, they keep slipping. And it's not because you don't care. It's because the way you've been trying isn't enough anymore.

Willpower isn't the problem. The problem is you're in an environment — internally and externally — that's wired to keep you hooked. Your brain's been trained to chase comfort, avoid discomfort, and reach for anything that numbs. Over and over again.

And now? You're seeing it. You're finally awake enough to want out. This book, this system, this reset — whatever you want to call it — it's not about controlling your phone or cutting sugar or building a perfect morning routine. It's about freedom.

It's about remembering what it feels like to be clear-headed again. To make a decision and follow through. To be fully in a moment without itching for distraction. To wake up without dread. To go to bed without guilt. It's about peace. And if you've forgotten what that feels like, that's okay. Because now you've got the chance to find it again.

You're here because you know deep down this can't be your default anymore. There's a better version of you on the other side of this loop — but you'll never get to him if you keep trying to manage chaos instead of cutting it off at the source.

This is your line in the sand. You're not waiting for motivation. You're not waiting for perfect circumstances. You're not here to try. You're here to train.

You're here because something in you still believes you can come back to life. That your mind can heal. That your peace can return. That your future doesn't have to look like your past.

You're here... because it's finally time.

CHAPTER II

YOU WILL WANT TO QUIT

And That's Exactly How You Know It's Working

You're going to want to quit. Might as well say it now — out loud. Own it. Because the moment you try to pull away from what's been numbing you, everything in you will scream to go back. That's not weakness. That's not failure. That's your brain doing exactly what it was trained to do.

Dopamine doesn't just go quietly. When you unplug from the hits — scrolling, sugar, noise, escape — your system is going to feel it. Like withdrawal. Like restlessness. Like boredom so thick you'll swear something's wrong.

And your brain's job? To keep you “safe” from discomfort. So what's it going to do? Convince you to quit.

Here's what that voice will sound like:

“Just one more time.”

“You've been good — one day off won't hurt.”

“You're too tired to deal with this today.”

“This is too extreme. Just go back to moderation.”

“You're not doing it right anyway.”

“What's the point? You always fall back.”

You'll rationalize it. You'll tell yourself you're being wise or balanced or realistic. But really? You'll just be bailing on yourself — again. The cravings aren't the enemy. The discomfort isn't the problem. Quitting is.

That voice in your head will sound reasonable. It'll use your own language. Your own fears. Your old habits. It'll feel like you.

But it's not. It's the conditioned version of you. The addicted one. The reactive one. The version that's scared to grow because growth always feels like loss at first.

You're going to feel like quitting right when the work is starting to work.

That's your moment of choice. Not when things are easy. Not when motivation is high. But when it all feels flat, hard, pointless. When no one's watching and no reward is coming.

That's the moment that defines you.
This isn't a pep talk. This is a warning.

You will want to quit. You will want to soften your plan, cut corners, sneak in just a little of the old stuff to "*take the edge off.*"

Don't.

The edge is where the shift happens. The edge is where your brain starts to learn a new normal. If you quit every time you hit the edge, you'll never get past it.

And the truth is: that loop you're trying to escape? It doesn't care how many times you start over. It just wants you to never finish.

So, what do you do when that voice shows up?

You stay. You breathe. You ground yourself.

You remind your body that discomfort is not danger. You sit in the tension long enough for it to lose its grip.

And if you slip? You don't let the spiral take over. You don't tell yourself it's ruined. You don't wait until Monday to "*start fresh.*"

You reset. Right then. Mid-craving. Mid-shame. Mid-scroll.

You come back. Immediately.

Because this time, you're not aiming for perfection. You're aiming for freedom. And freedom isn't clean. It's gritty. Relentless. Daily.

Here's what matters: that you keep showing up — even when you feel like quitting.

Especially then.

That's how you train your brain to believe you again. That's how you rebuild trust with yourself. That's how you become the version of you who doesn't live at the mercy of mood, craving, or chaos.

So when the quit-voice hits (and it will), you say this out loud:

*"This is the part where I used to give in.
But this time, I stay."*

Say it trembling. Say it tired. Say it if you don't fully believe it yet.

Just don't give it what it wants: silence and surrender.

You will want to quit. But you don't have to.

You can stay. You can breathe. You can outlast the craving. You can ride the wave instead of being dragged by it.

And once you do it once, it gets easier. Not because the urges go away — but because you finally believe you can handle them.

And that? That's where freedom starts.



CHAPTER III

NOBODY'S COMING TO SAVE YOU

This Changes When You Do — Not Before

This is the chapter where we cut the excuses.

Not because you're weak. Not because you don't have real reasons. But because those reasons will always be there. And if you don't own that now, you'll keep waiting for someone or something to change your life for you.

But here's the truth:

Nobody is coming.

Not a coach.

Not a podcast.

Not a friend who checks in every day.

Not motivation.

Not some perfect "*breakthrough*" moment where it finally gets easy.

You're the one.

You're the only one who can do the work it takes to get your peace back. And the longer you keep waiting for something else to push you, the longer you'll stay stuck.

You might have been burned before. Maybe you've tried to break the loop and failed. Maybe you've had real pain. Real trauma. Real stress. Real reasons to want relief.

I'm not minimizing that.

But relief isn't the same as recovery. And scrolling, snacking, bingeing, zoning out—it doesn't heal anything. It just delays it. Deepens the hole.

The moment you accept this truth — that no one is coming to rescue you from your patterns — is the moment you finally become capable of climbing out.

Not because you suddenly feel strong. But because you finally stop waiting to be rescued.

Let's call out what people usually wait for:

The perfect mood.

More energy.

A less stressful schedule.

Some outside pressure to keep them accountable.

A moment of inspiration that magically changes everything.

Those are comfort traps. They keep you looking outward instead of inward. They keep you passive, even while your mind's on fire. You don't need to feel ready. You need to act anyway.

Even tired.

Even frustrated.

Even unsure.

Even halfway convinced you'll mess it up.

Because here's the thing:

Change doesn't wait for clarity. Change waits for a decision.

The dopamine loop you're trapped in? It's not going to kill you today. That's what makes it dangerous. It's slow. It's quiet. It's familiar.

But give it another six months... another year... another five?

It'll erode your potential. Numb your purpose. Turn you into someone who talks about what they wish they could do, but never actually does it. And eventually, you'll stop noticing the numbness at all. You'll call it normal. You'll make peace with feeling fine. And you'll miss the life you never actually gave yourself a chance to live.

That's what you're fighting here.

Not just screen time. Not just habits. You're fighting for your attention, your clarity, and your freedom.

Nobody's going to hand those back to you.

You have to go take them. You might feel like you need someone to drag you out. But the second you stop waiting, and start moving—even one shaky step at a time—you're no longer a victim of the loop.

You're the one interrupting it. And that changes everything.

So what does that look like?

It's not dramatic.

It's not some huge, emotional "I'm changing my life" moment.

It's small.

It's subtle.

It's daily.

It's turning off your phone instead of numbing out. It's going for a walk instead of raiding the kitchen. It's sitting in silence when your body says "get a hit." It's doing it again tomorrow, even when you don't feel like it.

Not for perfection. Not to impress anyone. But because you finally understand: this only works if you do.

And no one else can do it for you.

This chapter's not about shame. It's about ownership.

Not control over every outcome. But ownership of your response—when life feels loud, when cravings hit, when the world tells you to just scroll and cope.

You don't need to be perfect. You just need to show up.

Because when you stop waiting for someone to save you, you finally get to be the one who frees you.

CHAPTER IV

MAKE IT REAL

Because If You Don't, It Won't Happen

At some point, this has to stop being something you're "*thinking about.*" Something you're "*interested in.*" Something you might get to when life slows down, when things feel more manageable, when you're in the right headspace.

You know how many people live there? Almost everyone.

The people who almost change. Who read the book, feel the conviction, say "*yeah, this is good,*" maybe even write down a few goals—and then do nothing different.

And six months later, they're still overwhelmed. Still distracted. Still asking, "*Why can't I get it together?*"

Here's why: because they never made it real.

You don't drift into change. You decide. That means it shows up in your schedule.

In your habits.

In your house.

In your screen time.

In your kitchen.

In your morning.

In your rules.

In your non-negotiables.

It gets physical. It gets visible. It costs something. That's when it starts to matter.

Until then? It's just a nice idea.

If you want to actually unplug the chaos, you've got to do the setup before the struggle hits. You don't build boundaries in the moment you feel tempted. You build them now — when you're clear. Because when the cravings come (and they will), the last thing you want is to be negotiating with your weaker self. So here's the question: What are you doing — today — to make this real?

Not later. Not when the book's done. Now.

Here's what that might look like:

- Deleting the apps
- Clearing your digital space
- Planning your meals and cutting out trigger foods
- Setting up “no-phone zones” in your house
- Telling someone what you're doing so you can't hide
- Printing a tracker
- Writing down your new morning routine
- Putting your journal where you'll actually use it
- Scheduling a detox day this week and committing to it no matter what

Whatever it is — don't just think it. Do it. Because when it's real, you feel it.

You need structure. You need clarity. You need to see your environment shift so your brain knows: We're doing something different now. Change starts as a decision, yes. But it lives in the details. If your world still looks exactly like it did when you were overwhelmed and overstimulated, your brain won't take your reset seriously.

You'll fall back. Not because you're weak. But because the system didn't change. And systems always win. If you're serious about this, prove it to yourself. Not with intensity. Not with some big dramatic plan. But with real action. You don't need to overhaul everything overnight. But you do need to make this too real to ignore.

Because if it's not real, it won't happen. Not long-term. Not for good. And this time? You're not here for a little relief. You're here to get free.

CONCLUSION

THIS IS WHERE IT TURNS

Not Tomorrow. Not Someday. Right Now.

This is the line. Right here. Right now. Not when the timing feels perfect. Not when you've read more or planned more or feel "ready."

This is it.

You don't need more time to decide. You already know this loop is robbing you. You already know what you've been doing isn't working. You already know what it's costing you.

And now?

You know what it's going to take. No one's saying it'll be easy. But it is simple. Show up. Don't wait. Don't negotiate with the old version of yourself. Don't keep hoping this will get better without you doing the uncomfortable part.

Because that part—the tension, the edge, the ache in your chest when you try to unplug and sit still—that's where the healing starts. Let this be the last time you read something like this and walk away unchanged. Let this be the time you don't just highlight the good lines or nod in agreement. Let this be the moment you move.

Right now, the chaos is still calling. The dopamine's still whispering. The easy way out is right there. But so is your freedom. So is clarity. So is rest. So is the peace you barely remember how to feel.

You can have that. But only if you take the first real step.

Don't wait. Start now. Do the work. You've got everything you need.

You just need to show up.

Your Next Moves (Do These Before You Start Anything Else)

1. Write Your Non-Negotiable Why

On paper — not in your head — write down the single biggest reason you must follow through. Keep it short, raw, and personal. This is the thing you'll look at when you feel like quitting.

2. Cut One Obvious Hook

Delete one app, hide one snack, turn off one notification — anything you know is feeding your loop. Don't overthink it. Do it now.

3. Set Your Start Date (and Tell Someone)

Pick the exact day you'll begin the reset. Not "next week." A real date. And tell one person who won't let you slide out of it quietly.

These actions aren't meant to feel big — they're meant to make it real.

You've already started. Now finish.

Alright. You've faced it. You've stripped away the excuses, called yourself out, and taken your first steps.

From here on, it's not about "*thinking about changing.*" It's about doing it.

The next section is where the real reset begins — the part where you stop feeding the chaos and start rewiring your brain for focus, discipline, and peace.

It won't always feel good.

You'll want to walk away.

But if you push through, you'll realize something most people never do: You were never "*too far gone.*" You just needed the right way back.

Let's start unplugging.