

BECOMING REFORGED

BREAKING CHAINS



Forge Discipline. Strengthen Faith.
Break the Chains That Control You.

BecomingReforged.com

“The chain breaks when faith becomes action.”

WHY I HAD TO BREAK THE CHAIN

I started dipping snuff when I was about 10 or 11 years old. By 33, I was easily using 1.5–2 cans every day. Nicotine had been part of my life for more than two decades.

Then my four-year-old daughter walked up excitedly and handed me my can before we left the house. She was proud that she helped Daddy remember it. I could not stop thinking about that.

A few days later, I came out of the store with another can. My six-year-old son asked, “Daddy, why do you like this store so much? What do you get there?”

I did not have an answer I was proud to give him.

Later that day I took one final dip. Then I was done.

The addiction had been with me most of my life. It was not going to be part of the man my children learned to become.

THE BREAKING CHAINS PRINCIPLE

Addiction teaches you to obey a feeling.

Breaking it begins when you learn that a craving is not a command.

You may feel uncomfortable. You may want the habit badly. Your mind may give you every excuse to go back.

But you still choose.

THE PRINCIPLE IS SIMPLE:

Faith gives you something greater to stand on.

Discipline turns belief into action.

Repetition proves that the craving does not control you.

Start with the chains you can confront now. Learn to say no to unnecessary sugar. Learn to fast. Learn to control comfort and appetite. Build proof that you can deny yourself.

Then carry that stronger mind into harder battles.

The goal is not to become a man who never feels temptation.

The goal is to become a man who no longer obeys it.

THE 5 WEAPONS FOR BREAKING CHAINS

Breaking a long-held addiction requires more than wanting to quit. You need a structure strong enough to carry you when desire gets loud.

1. FAITH

Bring the fight to God. Pray when temptation hits. Admit where you are weak and ask for strength to endure.

2. A REASON GREATER THAN COMFORT

Know who you are doing this for. Your faith. Your family. Your future. Your own self-respect.

3. DISCIPLINE

Do not wait until you feel strong. Make the decision first. Your feelings can catch up later.

4. REPLACEMENT

Remove the old reward without leaving an empty space. For nicotine, I used sugar-free mints and sunflower seeds to keep my mouth occupied. Temporarily, I also allowed sweets and cheat meals as rewards while nicotine remained non-negotiable.

5. PROGRESSIVE SELF-DENIAL

Practice control in smaller battles. Fast from food. Break dependence on sugar. Remove unnecessary comfort. Build the mental muscle of saying no.

Each victory becomes evidence: you are capable of choosing what controls your life.

FAITH UNDER PRESSURE

When the cravings became hard, I prayed.

Not after I failed.

Not when the day was over.

In the moment I wanted nicotine.

I asked God to remove the craving and help me endure until I was strong enough to carry the fight again.

Then I confronted myself with two questions:

“God has already won the battle. Is my faith so little that I do not believe He will get me through this?”

“Am I unwilling to give Him equal effort by making an actual attempt to quit?”

Faith was not permission to sit still and wait for the addiction to disappear.

I had to participate.

I had to endure.

I had to say no again.

PRAYER + ACTION

Ask for strength.

Then behave like you believe strength has been given to you.

A hard craving becomes an opportunity to practice faith under pressure.

You do not need to win the rest of your life today.

Win this decision. Then win the next one.

THE CRAVING BATTLE PLAN

When the craving hits, do not negotiate with it. Execute a routine.

1. PRAY FIRST

Ask God for strength to endure the moment instead of immediately obeying the urge.

2. REPLACE THE PHYSICAL HABIT

Use something simple that occupies the routine without returning to the substance. I used sunflower seeds and sugar-free mints.

3. CHANGE THE REWARD TEMPORARILY

During the hardest period, I loosened my normal carnivore rules. If finishing the day nicotine-free meant rewarding myself with ice cream or a cheat meal, nicotine remained the greater battle.

4. PRACTICE CONTROL ELSEWHERE

For several days I fasted from food daily and ate one meal. The purpose was not punishment. It reminded me that hunger and desire can be experienced without being obeyed.

5. STACK ONE DAY

Do not make the battle bigger than it is. Get through today. Wake up and choose again tomorrow.

THE RULE:

A craving can demand your attention.
It cannot make your decision.

CHOOSING WHEN YOU COULD GIVE IN

For the first part of quitting, I kept the snuff with me.

It was in my bag. It was available.

I was not nicotine-free because I had made it impossible to get another dip. I was nicotine-free because every time I had the choice, I chose not to take it.

That mattered to me.

I was choosing to do better for myself, my faith, and my family.

Eventually something changed. The can was still there, but I did not need it there anymore.

THE LESSON:

The goal is not to prove yourself by keeping temptation close. If removing access helps you break the chain, remove it.

The deeper victory is learning that availability does not equal authority.

Something can exist in front of you without controlling you.

Every refusal becomes evidence.

Every successful day strengthens identity.

Every time you keep your word, the old version of you loses another piece of ground.

You are not simply quitting a habit.

You are becoming harder to control.

START SMALL. THEN FACE HARDER CHAINS.

You do not have to begin your discipline journey with the hardest addiction in your life.

Train the skill of self-control.

START WITH THE SMALLER CHAINS

Sugar.

Constant snacking.

Comfort eating.

The inability to fast.

Mindless entertainment.

Other habits you know control more of your behavior than they should.

Learn what temptation feels like without immediately satisfying it.

Learn to pray inside discomfort.

Learn to keep a promise to yourself.

Learn that feelings rise — and then pass.

THEN CARRY THAT STRENGTH FORWARD

Pornography.

Nicotine.

Alcohol.

Drugs.

Other destructive dependencies.

Some addictions can involve dangerous withdrawal or require professional treatment.

Alcohol, benzodiazepines, and certain other substances should not be stopped abruptly without appropriate medical guidance.

Reformed does not replace medical care.

THE MISSION:

Lean on God.

Build discipline.

Accept discomfort.

Strengthen your mind through repeated victories.

And when a chain is beyond what you can safely fight alone, seek qualified help without surrendering the fight.

The objective is freedom — not pride.

TIGHTEN THE REINS

Winning the first battle is not permission to replace one chain with another.

During the hardest days of quitting nicotine, I temporarily loosened other standards. Sugar, ice cream, or a cheat meal could be used as a reward because nicotine was the priority battle.

But temporary relief must remain temporary.

AS THE PRIMARY CRAVING WEAKENS:

1. Keep the conquered chain non-negotiable.

Nicotine stays at zero. Do not reopen the door because the fight feels easier.

2. Remove the temporary crutches.

Begin denying unnecessary sugar and treats again. Reduce the rewards that helped carry you through the first stage.

3. Restore your standards.

Tighten your nutrition. Return to your normal eating structure. Reintroduce fasting when appropriate for you. Rebuild the disciplines you temporarily relaxed.

4. HOLD THE LINE.

Do not immediately create another war. Let the stronger routine become normal. Prove you can maintain what you have built.

5. IDENTIFY THE NEXT CHAIN.

When you are steady, look honestly at your life. What habit still has authority over you that should not?

Attack it with the same process: faith, structure, discipline, repetition.

THE RULE:

Prioritize the biggest battle. Win it. Remove the crutches. Restore the standard. Stabilize. Then advance again.

Freedom is built one surrendered chain at a time.

YOUR NEXT STEP — & IMPORTANT DISCLAIMER

THE 7-DAY BREAKING CHAINS CHALLENGE

Choose one habit that has too much authority over your behavior.

Write down WHY it must change.

Choose your replacement behavior (if needed).

Decide your rule before temptation arrives.

Pray when the pressure hits.

Track every day you keep your word.

For seven days, stop negotiating with the decision you already made.

At the end of seven days, ask:

Did I prove that discomfort can exist without controlling my actions?

If you fell, confront it honestly. Learn what opened the door. Reset the structure and continue. A setback does not need to become surrender.

YOUR NEXT STEP

Breaking a chain is only part of becoming Reforged. The mission is to rebuild the man underneath it — faith, body, discipline, purpose, and standards.

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IMPORTANT DISCLAIMER

Becoming Reforged provides educational, motivational, faith-based, and personal-experience content only. This guide is not medical advice, diagnosis, treatment, or a substitute for care from a qualified healthcare professional.

Addiction and withdrawal can involve serious physical and psychological risks. Consult an appropriate qualified healthcare professional before making significant changes involving addictive substances, medications, diet, fasting, exercise, or other health practices.

Withdrawal from alcohol, benzodiazepines, and certain other substances can be dangerous or life-threatening and may require medical supervision.

The author's experiences with nicotine cessation, prayer, fasting, nutrition, discipline, and other practices describe personal experience and are not guarantees or medical recommendations. Individual circumstances and results vary. If you experience severe withdrawal symptoms, a medical emergency, or feel at risk of harming yourself or others, seek immediate professional or emergency assistance.