

# BUFFERING COMMITMENT

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*YOUR COMMITMENT TO STOP BUFFERING HAS TO BE EPIC.*

*IF I TOLD YOU I WOULD GIVE YOU 10 MILLION DOLLARS IF YOU STAYED ON YOUR PROTOCOL OR KILL SOMEONE YOU LOVED IF YOU DIDN'T THEN THE DECISION WOULD BE EASY. THIS GIVE YOU A TREMENDOUS AMOUNT OF FREEDOM. THIS GIVES YOU THE ABILITY TO OVERRIDE WILLPOWER DEPLETION. THIS WORK IS AS GOOD AS DONE WHEN YOUR REASON FOR DOING IT IS MORE COMPELLING THAN THE PHYSICAL CRAVINGS AND EMOTIONAL DESIRE.*

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WHAT IS THE REASON YOU WANT TO DECREASE YOUR BUFFERING?

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DO YOU BELIEVE THIS REASON IS COMPELLING ENOUGH TO KEEP YOU AWAY FROM EVER BUFFERING?

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ARE YOU WILLING TO GIVE UP BUFFERING AS YOU KNOW IT TO  
HAVE FREEDOM FROM YOUR DESIRES AND URGES?

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CAN YOU LIVE WITHOUT THE ESCAPE OF BUFFERING THAT YOUR  
BEHAVIOR PROVIDES?

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ARE YOU WILLING TO FEEL WORSE BEFORE YOU FEEL BETTER?

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WILL YOU CONTINUE EVEN WHEN RESULTS DO NOT COME  
QUICKLY?

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ARE YOU WILLING TO EMBRACE NOT BEING “NORMAL” TO REFRAIN FROM BUFFERING LIKE MOST “NORMAL” PEOPLE DO? WHY OR WHY NOT?

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HOW DO YOU IMAGINE YOU CAN FULFILL ALL THIS IN COMMITMENT TO YOURSELF?

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