

BONUS GUIDE

The High Stress Protocol

How To Protect Your Progress During The Weeks When Life Is Working Against You

A COMPANION TO THE REWIRE BY VICTOR O.

When Life Stress Enters The Loop

The nervous system does not separate work pressure from performance anxiety.

The Anxiety Ejaculation Loop runs on sympathetic nervous system activation. The sympathetic nervous system does not care where the activation came from. Work pressure, financial stress, a difficult conversation, an unresolved argument, exhaustion from a hard week: all of these raise your sympathetic baseline. When you enter an encounter with that elevated baseline already running, the threshold starts lower than it would on a calm day. The same stimulation that would be manageable in a normal week becomes difficult when the system is already carrying background load.

This is one of the most consistent triggers men identify in their Trigger Audits. It shows up as: the encounter went badly, but I was also carrying a lot that week. That connection is not a coincidence. It is a physiological relationship between general life stress and ejaculatory threshold.

The standard Phase 2 practice assumes a moderate background stress level. The Arousal Ladder sessions, the Pre Encounter Reset, and the Presence Anchor were designed for weeks when the nervous system is not already stretched. During a high stress week, those same tools still work but they need to be adjusted. Running the standard protocol from a significantly elevated baseline without adjustment often produces frustrating results, which then adds a new layer of anxiety on top of the existing stress. The High Stress Protocol prevents that spiral.

STEP ONE

Recognising A High Stress Week Before It Damages Your Practice

The most important decision in the High Stress Protocol is identifying the week accurately before you run a practice session from a compromised baseline. One damaged session during a high stress week can undo three weeks of consistent progress if it is handled incorrectly. Identification is prevention.

A week qualifies as high stress for the purposes of this protocol when two or more of the following are present:

HIGH STRESS WEEK INDICATORS:

Significant work or financial pressure that is unresolved and ongoing

A recent or ongoing difficult conversation with your partner that has not been settled

Less than 6 hours of sleep on three or more consecutive nights

Physical illness, fatigue, or recovery from exertion

A major life event, positive or negative, that is occupying significant mental space

You notice your resting jaw, neck, or shoulder tension is higher than usual

When two or more of these apply, do not run a standard Arousal Ladder session that week without making the adjustments described below. The session will feel harder than it should, the results will be worse than your recent average, and the discouragement from a below-average session during an already difficult week creates a compound problem that takes longer to recover from than simply adjusting the protocol would have.

STEP TWO

The Adjusted Practice Session

During a high stress week, modify your Arousal Ladder sessions in three ways:

Modification 1: Lower The Target Level

Your normal Arousal Ladder session targets level 6 on the Arousal Awareness Scale. During a high stress week, reduce the target to level 5. The elevated sympathetic baseline means the distance from 5 to 7 is shorter than usual. Practicing at 5 during a high stress week produces the same quality of recondition that practicing at 6 produces during a normal week. You are not regressing. You are recalibrating for the actual conditions.

Modification 2: Extend The Pre-Session Calm Period

Before beginning the Arousal Ladder, add 5 minutes of slow breathing before any stimulation starts. Use the 4-7-8 breath pattern from the Pre Encounter Reset for six cycles rather than four. This extended pre-session period gives the sympathetic baseline a longer window to drop before the arousal begins building. On a high stress week, the nervous system needs more warm-up time to reach a workable starting point.

Modification 3: Reduce Session Frequency

Normal practice frequency is every other day. During a high stress week, reduce to two sessions for the week rather than three or four. The goal is to maintain the habit without pushing through sessions that produce discouragement rather than progress. Two quality sessions from an adjusted baseline produce more recondition value than four sessions run from a compromised state.

STEP THREE

The 24-Hour Pre-Encounter Protocol

If you know an encounter is likely in the next 24 hours and you are currently in a high stress week, this protocol prepares the nervous system more effectively than a single Pre Encounter Reset can on the day.

THE EVENING BEFORE

- 1 Run the full Pre Encounter Reset once the evening before the anticipated encounter, before sleep. This is not preparation for the encounter directly. It is using sleep as a consolidation window. When the nervous system is calmed before sleep, the sympathetic baseline on waking is lower than it would have been if you went to sleep still carrying the stress activation. The calmer morning state gives the day's Pre Encounter Reset more to work with.

MORNING OF THE ENCOUNTER

- 2 Run the pelvic floor tighten and release sequence from the body scan three times before you get out of bed. This takes under two minutes and directly addresses the elevated baseline pelvic tension that high stress weeks tend to produce. It does not need to be part of a full Reset. Three cycles on their own, done calmly before the day begins, create a lower starting point for the pelvic floor going into the day.

THE FULL RESET BEFORE THE ENCOUNTER

- 3 Run the complete five-step Pre Encounter Reset as normal, ideally with the full 15 minutes. On a high stress week the Reset produces the same mechanisms but starts from a higher baseline, which means the net result is closer to what a relaxed day looks like rather than what a calm day looks like. The gap closes further with the evening and morning steps in place.

STEP FOUR

The One Thing To Say To Yourself

During a high stress week, the internal narrative often shifts from a performance prediction to a compound prediction: not just 'this is going to end too fast' but 'this is going to end too fast and I am already exhausted and I cannot handle another bad session right now.'

That compound prediction is more destabilising than the original one because it adds the stress of the week itself to the Stage 1 activation. The single most effective interruption to that compound prediction is a specific reframe that separates the two parts:

"The stress this week belongs to this week. What happens in the next hour is a different thing. My nervous system knows how to be present even when my week has been hard."

Say this once, internally, in the 60 seconds before the encounter begins. The purpose is to break the contamination between the week's stress and the encounter's prediction. They feel connected because they share a nervous system. They are not the same event. The reframe names the separation rather than trying to deny the stress. Trying to convince yourself that the week was not hard does not work. Separating the week from the hour works better.

After The Encounter During A High Stress Week

If the encounter during a high stress week does not go the way you wanted, run the Setback Response from Phase 3 of The Rewire immediately. The trigger identification step in the Setback Response is especially important here because it will point directly at the elevated stress as the specific cause rather than allowing the result to feel like a general regression.

Do not schedule your next Arousal Ladder session less than 48 hours after a difficult encounter during a high stress week. The nervous system needs the full gap. And check whether the high stress conditions have changed before deciding whether to run a standard session or a modified one.

A high stress week is temporary. The recondition you built before it arrived does not disappear. It weakens slightly under persistent activation and recovers quickly when the stress conditions pass. Give it the adjustment protocol it needs rather than pushing through standard sessions and accumulating discouragement.

To your full control,

Victor O.