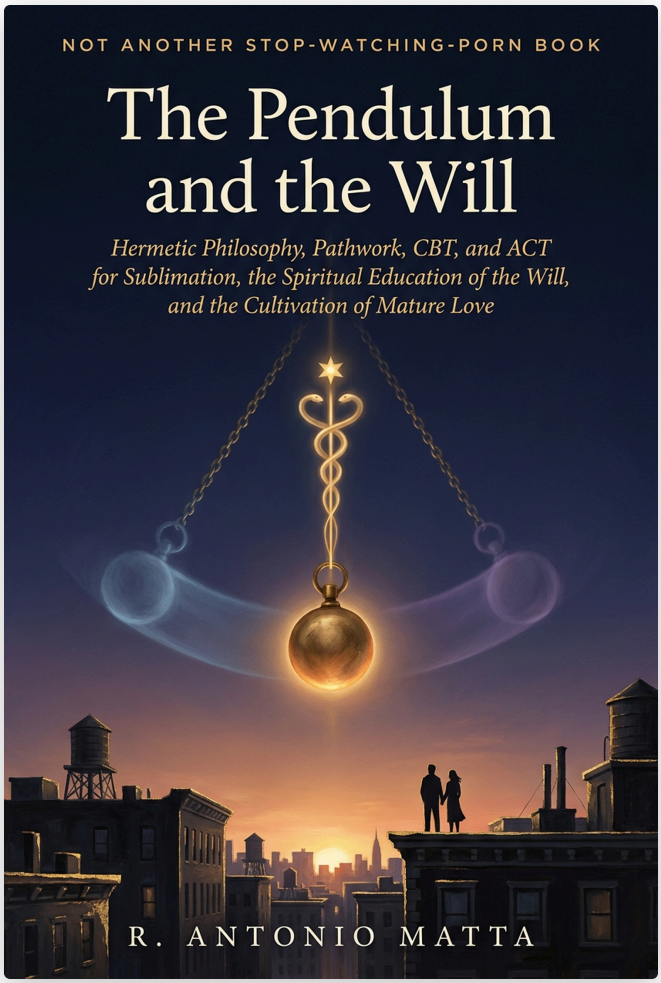


The Pendulum and the Will

COMPANION WORKBOOK

R. ANTONIO MATTA

Printable worksheets and quick-reference pages
rantoniomatta.com/pendulum-workbook

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How do I use this workbook?

This workbook is the printable companion to *The Pendulum and the Will* by R. Antonio Matta. Each worksheet carries the same number as its chapter in the book, so Worksheet 7 belongs with Chapter 7. Print the whole thing or just the pages you need, keep it beside you as you read or listen, and fill it in by hand.

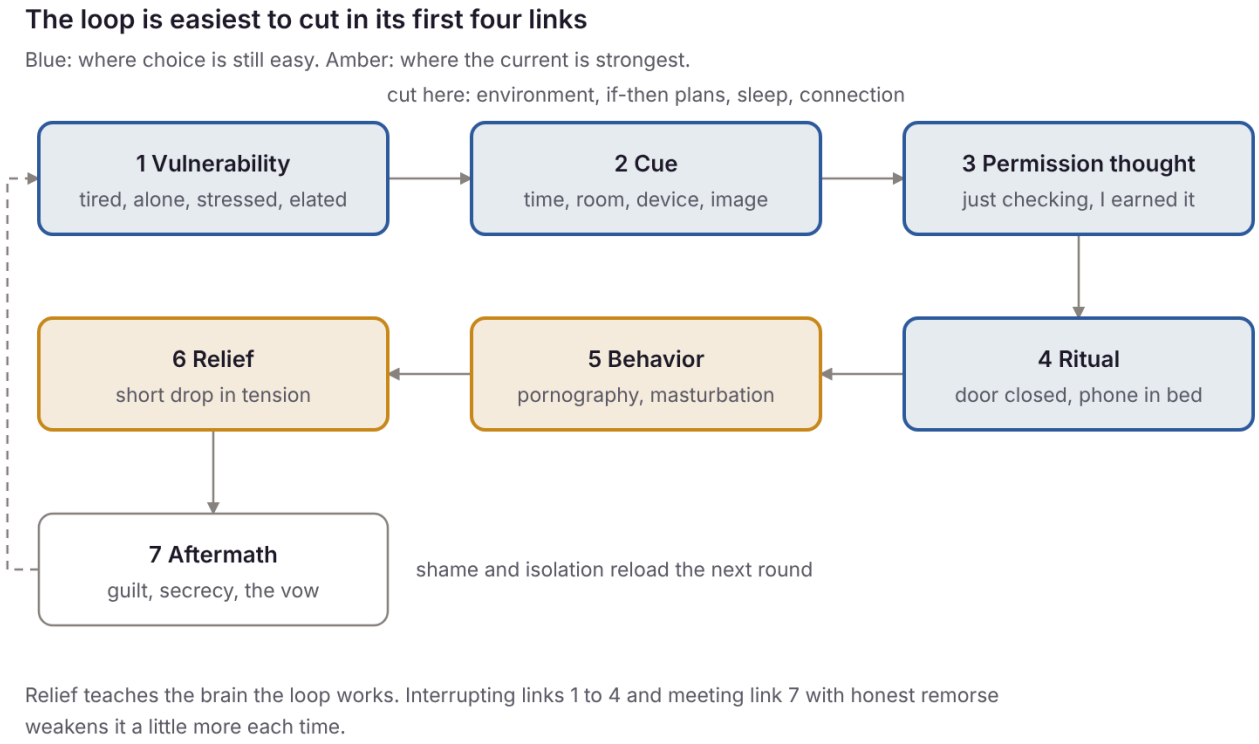
When the book shows a **STOP** sign, or the narrator says "Stop here," come to the matching worksheet, answer before you continue, then go back to the book.

The first section is a set of quick-reference pages you can pin to a wall or keep in a wallet. The worksheets follow.

If you are in crisis: call or text 988 in the United States, call 911 in an emergency, or contact your local emergency number. You deserve that call.

Quick reference

The seven-link loop



The first four links are where a different choice still costs little. The dashed line shows how the aftermath feeds the next round.

The urge protocol (10 to 20 minutes)

Minute 0 to 1: Stop and name it.

1. Say out loud, “This is an urge. It’s link ___.” Naming it engages the thinking brain and starts consciousness, exactly the presence Salas Sommer places at the center of the work.
2. Stand up and leave the room you’re in. If you’re in bed, get out of bed. If you’re holding a device, put it in another room face down.

Minutes 1 to 5: Surf the wave (ACT).

3. Close your eyes or soften your gaze. Find where the urge lives in your body: chest, belly, groin, jaw, hands.
4. Rate it from 0 to 10.
5. Breathe slowly, with the exhale longer than the inhale. Imagine riding the wave on a board, staying on top of it without fighting it and without diving in.

6. Describe it as a scientist would: *heat in the stomach, tight jaw, pulsing, a pull forward.* No verdicts.

Minutes 5 to 10: Ask why, five times (elaborative interrogation and CBT).

7. Ask *Why do I want this right now?* and answer honestly. Then ask *why* of your answer. Keep going about five times. A typical chain: *I want to watch. Why? I'm restless. Why? I've been alone all day. Why does that matter? I feel invisible. Why does that hurt tonight? Someone didn't call back.* Now you know what you actually need, and it isn't on a screen.
8. Run the quick check from recovery rooms: **H.A.L.T.** Am I Hungry, Angry, Lonely, or Tired? Fix whichever is true first.
9. Catch the permission thought and put it in its frame: *I'm having the thought that I've earned it.* ACT calls this *defusion*. The thought becomes something you notice, and it stops being a command.

Minutes 10 to 15: Move along the pole (Hermetic transmutation).

10. Say your resting point from Chapter 3 out loud.
11. Do one thing on the opposite pole of the same energy, for at least five minutes: a brisk walk, push-ups, a song, a page of writing, cold water on your face and wrists, a shower with the door open and music on.
12. Ask the ACT values question: *What do I want to stand for in the next hour?* Then do one small act that fits it.

Minutes 15 to 20: Connect and record.

13. Text or call someone. "Rough night, just checking in" is plenty.
14. Re-rate the urge from 0 to 10. Write both numbers in your log with the time.
15. If it's still above 5, repeat from step 3 somewhere else: outside, in a public place, or on the phone with someone.

Over time, compare your before and after numbers. They become your personal proof that urges pass. That evidence, retrieved from memory on a hard night, is worth more than any vow.

::: {.case}

Five if-then plans to start with

- *If* I notice I've picked up the phone in bed, *then* I put it in the kitchen and come back without it.
- *If* an email or image catches my attention, *then* I delete it and stand up within ten seconds.
- *If* I hear "just checking," *then* I say out loud, "That's link three," and start the urge protocol.
- *If* I get great news, *then* I call someone to share it before I'm alone with a screen.
- *If* it's day five, six, seven, or eight, *then* I run the protocol in Chapter 8.

The danger window: an example

This is Elias's window from Chapter 8. Build your own on Worksheet 8.

Day	What tends to happen	What I do
5	Confidence returns and guard rails start to loosen	Re-read Chapter 6. Check that the phone still sleeps in the kitchen. Do a flashcard review of all if-then plans.
6	Restlessness, boredom, or a surge of good energy	Schedule the evening in advance: gym, rehearsal, a friend, a meeting. Tell your support person, "I'm entering my window."
7	The old groove pulls hardest; "just checking" thoughts	Rehearse the urge protocol out loud in the morning. No long stretches alone with a screen. Daily Review that night, without skipping.
8	Relief, and the risk of a victory lap	Celebrate out loud and in company. Plan something meaningful for day 9 so the forward swing has a direction.

Better channels for the same energy

The need underneath	What the habit gave	A better channel for the same energy
Relief from stress	Ten minutes of numbness	A hard 20-minute run or walk, a hot shower with music, breathwork, stretching on the floor
Connection	The illusion of closeness	A call, a meeting, a peer-support group, a coffee, a class, a choir, a community you show up for in person
Stimulation, escape from boredom	Novelty on demand	A creative project with a visible next step, learning an instrument passage, a puzzle, a new route home
Sleep	A way to knock myself out	A wind-down routine: dim lights, book or audio, the same bedtime each night
Comfort after shame	Soothing that brings more shame	Self-compassion words, a hand on the chest, the Pathwork humility of seeing without guilt
Aliveness and power	A rush of intensity	Physical challenge, performance, public creative work, a project that scares you a little
Sexual desire itself	Fantasy without relationship	Honest acknowledgment of desire, attention to the body through exercise and touch that isn't sexual, and, when you choose it, building real intimacy

Sorting Salas Sommer's teaching

His claim	What the evidence says	How this book uses it
Habitual masturbation brings sadness, moroseness, and weak will	**Evidence:** research doesn't show masturbation itself causes depression or loss of character. Distress tracks compulsive loss of control, secrecy, shame, and the gap between values and behavior (Grubbs & Perry, 2019; Lew-Starowicz et al., 2020)	Take the warning seriously as a description of what the *compulsive* pattern feels like, and work on the loop
The "one-day" exhaustion	**Working hypothesis:** Ferenczi's report comes from a small number of his own patients in the early 1900s, without controls. Next-day fatigue is very real for many people and is better explained by lost sleep, late-night screen time, and guilt	Track your own next-day energy in your log for 30 days and let your data decide
Polarity: creativity needs connection	**Evidence, in part:** loneliness feeds problematic use, and connection and shared activity reduce it (Lin et al., 2026)	Connection becomes a core channel in Chapter 9
Magnetism is discharged and lost	**Contemplative lens:** untested by research	Read it as a picture of attention and vitality poured into something that gives nothing back
The energetic offspring that feeds on its creator	**Contemplative lens:** untestable, and offered here as metaphor, never as fact	See the practice below, which keeps the image's wisdom without the fear
The Vegatest experiment	**Evidence against the method:** in a double-blind trial, experienced Vegatest operators could not tell people with allergies from people without them, and the authors concluded the device cannot diagnose (Lewith et al., 2001). The appendix describes no blinding or independent replication	The numbers can't be treated as proof of energy loss
The habit is easily overcome by educating the will	**Evidence, in part:** structure, if-then planning, and practice strengthen self-regulation. "Easily" doesn't match the experience of most people with a long-standing pattern	Will is educated through structure. A hard road doesn't mean a weak will
Mature love as the remedy	**Evidence, in part:** relationships and intimacy support recovery. Salas	The underlying need, real connection and giving of oneself, applies to every reader, whatever

His claim	What the evidence says	How this book uses it
	Sommer frames this only as union with a partner of the opposite sex	their orientation or relationship status

The daily rhythm

When	Practice	Minutes	Tradition
Morning	Neutralizing Pause and resting point	2	Hermetic
Morning	Flashcard review on spacing days (1, 3, 7, 14, 30)	3	Learning science
Morning, in your window	WOOP rehearsal	3	CBT and Stoic
Midafternoon	Neutralizing Pause	2	Hermetic
Evening	One planned channel from Chapter 9	20 or more	Transmutation
Before bed	Pathwork Daily Review and log	10	Pathwork and CBT
Any time	Urge protocol	10 to 20	ACT, CBT, Hermetic

Free and low-cost support

Option	What it is	Cost
Twelve-step fellowships: Sex Addicts Anonymous (SAA), Sex and Love Addicts Anonymous (SLAA), Sexaholics Anonymous (SA)	Peer meetings in person, by phone, and online, with sponsors and step work. Each defines "sobriety" differently. SA's definition includes no masturbation, which may match an abstinence goal.	Free
SMART Recovery	Secular, CBT-based mutual-help meetings for any addictive behavior, online and in person	Free
Peer support specialists and peer platforms	Trained people with lived experience of recovery who walk alongside you	Free to low-cost
SAMHSA National Helpline, 1-800-662-4357	Confidential, 24/7 referral line for treatment and support services in the U.S.	Free
Reduced-fee therapy networks, community mental health centers, and university training clinics	Licensed or supervised clinicians offering sliding-scale sessions	Reduced fee
Your primary care doctor	A first conversation about sleep, mood, medications, and referrals	Covered by many insurance plans

The six learning methods behind this book

Learning method	What it does for the mind	How this book uses it
Generation effect	Guessing before you're taught primes the brain to catch the answer	Every chapter opens with a "Before you read" self-test
Feynman technique	If you can't explain it simply, you don't own it yet	Each chapter ends with "Say it plainly," where you explain your loop as if to a 10-year-old
Elaborative interrogation	Asking "why" ties new facts to what you already know	The "Five Whys" urge inquiry in Chapter 7
Dual coding	Words plus pictures create two roads to the same memory	You draw your loop, your pendulum, and your week
Active recall and spaced repetition	Pulling a plan from memory, on a schedule, makes it permanent	Your if-then plan becomes flashcards reviewed on days 1, 3, 7, 14, and 30
Interleaving	Mixing methods trains you to choose the right tool under pressure	Daily practice rotates CBT, ACT, Hermetic, and Pathwork tools

Worksheets

Worksheet 1. Costs and gains

What this habit costs me	What this habit gives me	The good need underneath

Worksheet 2. My seven links

Describe your most recent episode, starting 48 hours before it. Then draw your loop by hand next to the table.

Link	What it looked like for me	Earliest easy exit
1 Vulnerability		
2 Cue		
3 Permission thought		
4 Ritual		
5 Behavior		
6 Relief		
7 Aftermath		

Worksheet 3. Desire inventory and resting point

My resting-point sentence: _____

Desire I notice	Body momentum or chosen self?	What my chosen self wants now

Worksheet 4. Sorting the teaching

Fear score at the start of Chapter 4: ___ · Resolve score: ___

Teaching I've absorbed	Evidence, hypothesis, or belief?	Does it move me toward action or toward dread?	Keep, translate, or set down?

My three daily acts of will this week: 1. _____ 2. _____ 3. _____

Next-day energy check (0 to 10) for 30 days, noting clear days and lapse days, so my own data can test the "one-day" claim.

Worksheet 5. Pathwork Daily Review

Question	Tonight's answer
What disturbed my peace today?	
What did I do with it?	
What was the lower self after?	
What was the good longing underneath?	
Where did the mask show up?	
Which image might have been running?	
One sentence from the higher self	

Worksheet 6. Rituals, blocks, and if-then plans

My ritual step	The block I'm putting in place

If this happens...	Then I will...	Review days done (1, 3, 7, 14, 30)

Worksheet 7. Urge log

Date and time	Where I was	Link I caught it at	Urge before 0 to 10	Five Whys answer (the real need)	What I did	Urge after 0 to 10

Worksheet 8. My window plan

My danger window is days ___ to ___.

Day	Evening plan	Who I'll contact	WOOP obstacle and if-then

Worksheet 9. My channels

Need underneath	Channel 1	Channel 2	Channel 3
Stress relief			
Connection			
Stimulation			
Sleep			
Comfort			
Aliveness			

Worksheet 10. Lapse chain analysis

Question	Answer
What built my vulnerability in the 48 hours before?	
What was the cue?	
What permission thought did I believe?	
Which ritual step slipped past me?	
What did the inner voice say afterward?	
What would remorse that heals say?	
The one thing I'm changing today	
Who I told	

Worksheet 11. Daily tracker and weekly review

Date	Hours slept	Mood 0 to 10	Urges	Peak 0 to 10	Protocol used?	Clear day?	Note

Weekly review: clear days this week ___ · clear days in last 30 ___ · average urge drop ___ · values score ___ · tool to rotate in next week ___

Worksheet 12. My support plan

Support	Name or meeting	Contact	Day I'll try it
Trusted person			
Meeting or group			
Crisis line	988 (U.S.)	Call or text	Saved in my phone
Professional, when possible			

Sources and notes

Quotations and summaries from the contemplative texts were checked against the author's own copies, including a scanned copy of *Morals for the 21st Century*. Page numbers weren't available in the indexed files, so those works are cited by title and lecture number, or by publication year. Research sources are listed in APA style with links.

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Download the book and this workbook at rantoniomatta.com/pendulum-workbook. Ask Antonio's digital mind a question anytime at delphi.ai/antonio-matta.