

Day 1 – My crush is better than me.

Day 2 – My crush never needs to acknowledge me.

Day 3 – My crush deserves my unconditional devotion.

Day 4 – MY crush is my superior.

Day 5 – My crush is perfection.

Day 6 – My crush’s happiness is all that matters.

Day 7 – My crush is the most beautiful woman in the world.

Day 8 – My crush finds me sexually unappealing.

Day 9 – My crush wants better men than me.

Day 10 – My crush is always correct.

Day 11 – My crush can read my mind.

Day 12 – My crush wants me in chastity.

Day 13 – My crush likes me docile around women.

Day 14 – My crush does not care about my opinions.

Day 15 – My crush knows I am inferior.

Day 16 – My crush must invite me to speak to her.

Day 17 – My crush deserves her space.

Day 18 – My crush does not think about me.

Day 19 – My crush lives in my mind.

Day 20 – My crush is more successful than me.

Day 21 – My crush does not care about my penis.

Day 22 – My crush will never let me squirt.

Day 23 – My crush doesn’t know I exist.

Day 24 – My crush’s happiness is my only joy.

Speak the TRUTH

During the last meditation of the file, you will be asked to speak the truth. Listed are the mantras that you should say for the day you are on. For example. On day one of chastity, every time you hear “speak the truth” your response is “My crush is better than me”. On day two it is “My crush never needs to acknowledge me”. Day three, “My crush deserves my unconditional devotion”.

For best results use every day.

Please note that Day 25 has its own separate file. Or you can start all over again and stay chaste. You decide.