

Brojid Books

Shut Up **KONJI**

Wisdom to Rule Your Sexual Urge

W o r k B o o k



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Introduction



In the over 100-page book, *Shut Up Konji*, is loaded with practical experiences and sound wisdom in fighting pornography, controlling my sexual desires and maintaining chaste relationship with the opposite sex.

The best means of getting this is by reading the book; however, we produced an audio programme based on every chapter of the book to help you gain the main meat of the book, if you are so busy you won't find time to read the book. Another reason for the audio is that you can easily listen to it when *konji* comes roaring.

We recognise that some people may need more detailed guide beyond the book and audio, to help them apply what they learn so we created a workbook that will serve as a guide in helping you apply the wisdom in each chapter.

We implore you to sincerely and totally answer each of the questions and take the next course of action afterward.

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Shun Pornography



Q1. Outline there (3) TV Channels, programmes or movies whose content gets you aroused or thinking about sex?

Q2. Mention social media accounts and groups that share text, images or videos that get you aroused or thinking about sex?

Q3. Outline books, magazines and newspapers whose cover pictures, contents (texts or graphics) get you aroused or thinking about sex?

Q4. Are there images conspicuously placed in your space at work, hostel, room or school that gets you aroused or thinking about sex? If yes, list them.

Q5. Locate pornographic images, videos or cartoons in your computer or mobile devices and put them in one folder.

Action Step:

For each of those obvious porn and subtle porn contents you have identified, start eliminating them immediately. Burn the ones you can and delete others you can't burn not just from your device but also from the recycle bin.

Beware of Body Contacts



- Q1. Mention body contacts that get you aroused.
- Q2. Which of them arouses you the most?
- Q3. Which of them do you indulge in or allow?
- Q4. How often do you indulge in your answer to Q3?
- Q5. Do you initiate it or your partner does?

Action step:

For every body contact you initiate, you should resolve to restrain yourself from doing so. If you seem to find it hard to restrain yourself, go back and read the chapter on **Indiscriminate Body Contact** again or listen to the audio again and again.

Meanwhile, understand that every body contact you indulge in offers you pleasure that will wake up your *konji* and lure you deeper into sex.

Then for the ones initiated by others, discuss with them on stopping it; especially if you are in a relationship with them; if not, just avoid such contact and they will get the point.

Note, you have to stop any body contact that gets you seriously aroused immediately so you don't sink deeper into the bondage of illicit sex.

Mind Your Conversation



Q1. Do you have friends, classmates and colleagues that spend the bulk of their hangout time talking about sex?

Q2. Is there any song you listen to that gets you thinking about sex or aroused?

Q3. Do you live with someone who brings a boyfriend or girlfriend into your shared apartment and they engage in sexual activities?

Q4. Do you have married neighbor(s) who have noisy sex?

Q5. Does your fiancé or fiancée talk with you or send you voice messages that gets you aroused or thinking about sex?

Action Step:

If the answers to any of these questions are in the affirmative, you need to Attempt leading the direction of the conversation or reduce your conversation with them or withdraw from them, unless you have the capacity to determine what they talk about.

Stop listening to the songs that gets you aroused and get your bae or boo to understand that his or her voice is waking up the *konji* which you want to shut up.

If you are living in the same apartment with someone who brings in his or her sex partner into the room, you may have to discuss an end to it. When that is not possible, request that you be told the days of their encounter so that you stay away and avoid feeding yourself with sex triggers.

Then, if you are living with people who have noisy sex, talk to them stylishly. It's best in a relaxed and joking way. Beg them to make it less noisy. If what it takes is changing your location, please do it. It's worth it!

Associate For Strength



Q1. Do you have friends whose words, actions and interactions fire up your desire for sex? Make a list of them.

Q2. Does the person you are in a relationship with believe in chastity?

Q3. If Q2 is no, why?

Q4. Are you fighting the battle for Chastity alone in your relationship?

Action Plan:

Discuss and reach an agreement with the people you relate with so that they won't get you sexually aroused by their words and actions.

Fighting the battle for chastity alone in a relationship is very hard; so get your partner to see the need to fight for it together or you may not successfully do it.

Guard Your Mind



Q1. Do you think masturbation is Ok and totally harmless? If yes, why?

Q2. Do you think there is nothing wrong with having sex as an unmarried person?

Q3. Do you think the seducer contributes nothing to your being able to maintain chastity?

Q4. Do you think unrestrained body contact won't lead you to sex? If yes, why?

Action Steps:

If you answer in the affirmative for any of the questions above, then that is the reason you haven't been able to programme your mind for chastity.

For me, I have no positive answer to the above questions, that's why I don't see masturbation as helping out; but falling deeper into the urge. I don't see indiscriminate body contact as casual and harmless and I know that sex as a single will bring me pain; not pleasure. All these facts make me interpret seduction differently and respond to my *konji* differently.

Distract Your Konji



Q1. Mention simple and easy to execute activities you can engage in that will require your mental and emotional attention.

Q2. Identify the ones you can do inside your room any time of the day.

Q3. Is there any game you have on your phone or you can have the app installed on your phone which you would love to play?

Action Plan:

When sexual urge comes, don't lie down or sit down thinking about it; just get yourself hooked to any of the activities.

God Knows about Your Konji



Q1. Do you think there is anything you do that wakes up your desire for sex which you haven't stopped?

Q2. Do you think there is something you should be doing to shut up the desire for sex; but you are not doing it?

Q3. Have you verbally made commitment to God for chastity, confessed and believed His promises for victory over sin?

Q4. Have you prayed to Him to help you live chaste?

Action Plan:

Identify what you should be doing which you haven't started doing and get to work to do them.

If you are not of faith in Christ Jesus, you need to accept the sacrifice of Jesus on the cross for you. When that is done, He empowers you to live above sexual sin.

Make a habit of declaring the word of God and confessing your power over sin.

Don't Stop Fighting

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The fight for chastity should be dedicated, focused and unwavering. Don't stop the fight until you win.

If you ever fall, stand up and continue until you rule your sexual urge completely.