ClearStreak™ Owner's Handbook

Private, Air-Gapped Habit & Recovery Companion — Data Over Shame, Zero Cloud Accounts, Zero Subscriptions.

864ZEROS · SOVEREIGN MOBILE

COMPLETE 5-PAGE ILLUSTRATED GUIDE

Why ClearStreak Punches Above Every Cloud Habit App on the Market

Most habit and sobriety apps rent your own willpower back to you on a **recurring annual subscription**, force an email sign-up before your first tap, upload intimate recovery logs to marketing clouds, and wipe 90 good days back to a red `0` after one hard Tuesday. ClearStreak flips every dark pattern upside down: **100% on-device SQLCipher AES-256 encryption**, permanent Lifetime Days that never erase, eyes-free crisis haptics, 3 offline craving-interrupt games, and 12 bolt-on wisdom voices.

HEAD-TO-HEAD VALUE — SOVEREIGN OWNERSHIP VS. SUBSCRIPTION CLOUD TRACKERS

What Actually Matters	Typical Subscription Habit Apps	ClearStreak™ Sovereign Standard
Pricing & Ownership	Recurring annual subscription rent forever	**✓ 7-Day Full Trial · One-Time Unlock · Never Subscriptions**
Account & Telemetry	Mandatory login + cloud analytics & ad SDKs	**✓ Zero accounts · Air-gapped core · Hardware StrongBox AES-256**
Off-Day / Slip Handling	Punitive reset wipes months of real effort	**✓ Data Over Shame: Lifetime Clean Days & coins stay forever**
Hard-Moment Urge Relief	Paywalled meditations or empty motivational quotes	**✓ Always-Free Rescue Hub + Haptic Anchor + 3 Offline Games**
Daily Morning Voice	One preachy tone forced on every user	**✓ 12 Offline Focus Packs (FHG SP Free Gift + 1 Choice Pack Included)**

UP & RUNNING IN 60 SECONDS — NO SIGN-UP WALL, NO CLOUD SYNC

1

Name Any Journey (Home → +)

Pick **Streak DOING** (running, reading, prayer) or **Days NOT Doing** (alcohol, sugar, scrolling) and set your 2-minute *Floor Rep*.

2

Bolt On Your Voice (Settings)

Keep **For His Grace** plain-language verses (included free), claim your **1 Included Choice Pack**, or run Silent Tracking.

3

Drop Widget on Home Row 1

Long-press Android™ Home → **Widgets** → **ClearStreak** so your pinned Primary Focus stays visible with 1-tap check-in.

YOUR 20-SECOND CALM DAILY RHYTHM

🌞 Morning Cue
Read your 1-card Daily Spotlight alongside coffee — zero noisy feeds.

⚡ Tough Day? Floor Rep
Exhausted? Complete your 2-minute minimum action to keep continuity alive.

🌊 3-Min Urge Wave
Tap 🌿 **Reset** for Pocket Anchor haptics or 3 minutes of Block Drop.

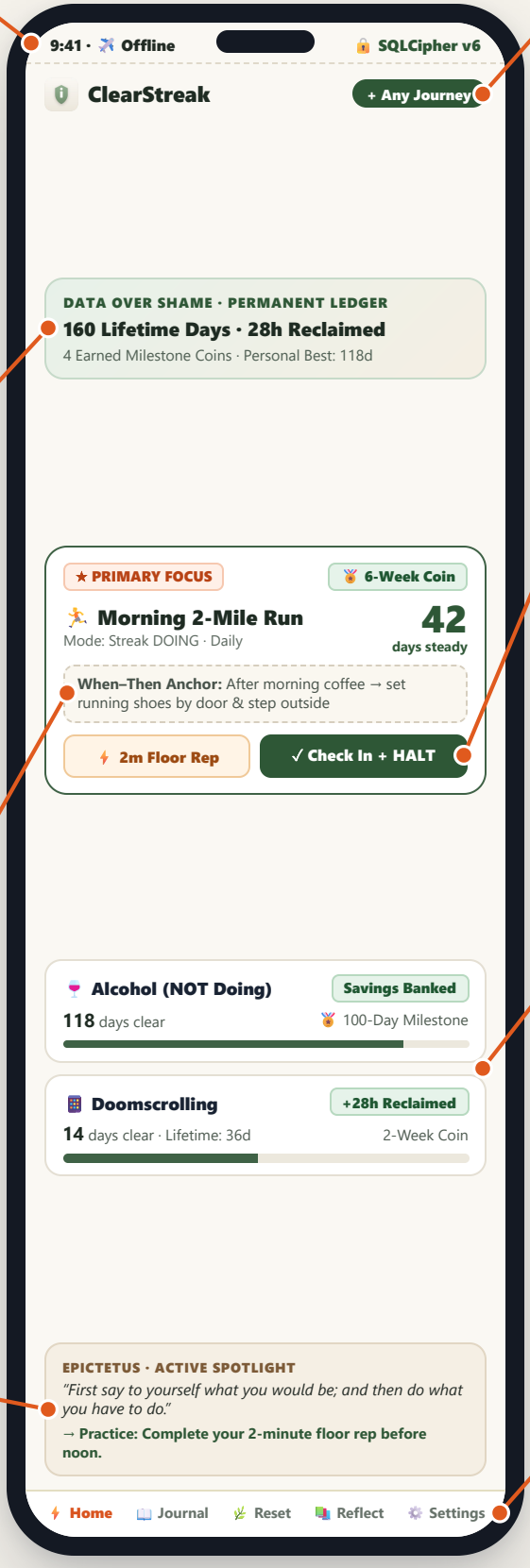
🌙 Honest Evening Log
Tag optional **HALT** triggers in 2 taps so patterns surface early.

Inside This 5-Page Handbook: Page 2 Home Dashboard Anatomy · Page 3 Grounding, Rescue & Vault Security · Page 4 Reset Arcade (3 Games) · Page 5 All 12 Bolt-On Focus Packs & QR Suite.

Android™ Offline Vault

Anatomy of the Home Dashboard

4-Pillar Habit Engine, HALT Check-Ins & Permanent Ledger



Air-Gapped Status Bar

0 Network Calls · SQLCipher

Zero cloud accounts. Core excludes Android™ INTERNET permission so habits and slips never leave your phone.

Any Journey (Dual Mode)

Streak DOING · NOT Doing

Build or break habits side-by-side. Track running, study, or prayer alongside quitting alcohol, sugar, or scrolling.

Data Over Shame Ledger

Lifetime: 160d ✓ · 4 Coins Kept

Progress is permanent. Logging an Honest Off-Day records truth without erasing Lifetime Days or earned coins.

Floor Rep & HALT Log

Hungry · Angry · Lonely · Tired

Exhausted day? Tap *Floor Rep* to preserve continuity, and tag optional **HALT** states in 2 taps.

★ Primary Focus & Cue

WHEN Coffee → THEN Lace Up

Implementation intention. Pins your #1 keystone habit at the top with a concrete daily *When–Then Anchor*.

Coins & Time Reclaimed

Banked · +28h · 100d

Tangible reward math. Automatically totals daily savings, hours reclaimed, and permanent milestone medallions.

Daily Spotlight Card

1. Quote · 2. Plain Note · 3. Action

Calm 20-second morning voice. Rotates strictly through your enabled Focus Packs — zero unrequested feeds.

5-Tab Bar + Home Widget

Run · 42d · ✓ Tap

5 core areas + Row-1 Widget. Jump between Home, Journal, Reset, Reflect & Settings — or check in from Home Row 1.

Grounding, Crisis Rescue & Vault Security

Eyes-Free Haptics, 1-Tap Lifelines, Journal Sync & Hardware Lock

Pocket Anchor Pulse

Tactile Pulse · Eyes-Free

No screen staring required. Gentle rhythmic vibration in your palm or pocket steadies attention while waves pass.

4×4 Box & 4-7-8 Breather

In 4s → Hold 7s → Out 8s

Down-regulates stress fast. Visual + haptic breathing circle slows heart rate during acute cravings or anxiety.

Heatmap & HALT Journal

Thu 9pm = Tired

Spot trigger patterns early. Calendar heatmap + encrypted notes reveal which days or HALT states test you.

5"×8" Journal QR Sync

Paper → Vault
Offline Homography

Handwriting meets privacy. Scan any 864zeros softback companion journal page to attach handwritten reflections offline.



1-Tap Sponsor & Lifelines

Trusted Person · 988 / SAMHSA

Zero menu hunting in a hard moment. Instant speed-dial to your personal contact plus 24/7 confidential lifelines.

Hold-to-Exit Safety Bar

2.0s Intentional Hold · Never Paywalled

Prevents impulsive dismissal. Gives your prefrontal cortex 2 calm seconds, and Rescue stays free forever.

Hardware TEE Encryption

StrongBox Key · AES-256 DB

Cannot be breached or subpoenaed. Passphrase binds to your phone's hardware keystore with biometric unlock.

FLAG_SECURE Shield

Recents Blanked · Local Export

Shoulder-surf proof. Blanks out ClearStreak in Android's Recent Apps switcher and blocks rogue screen recording.

Anatomy of the Reset Arcade

3 Offline Visuospatial Games Engineered to Starve Cravings

1-Tap Game Switcher

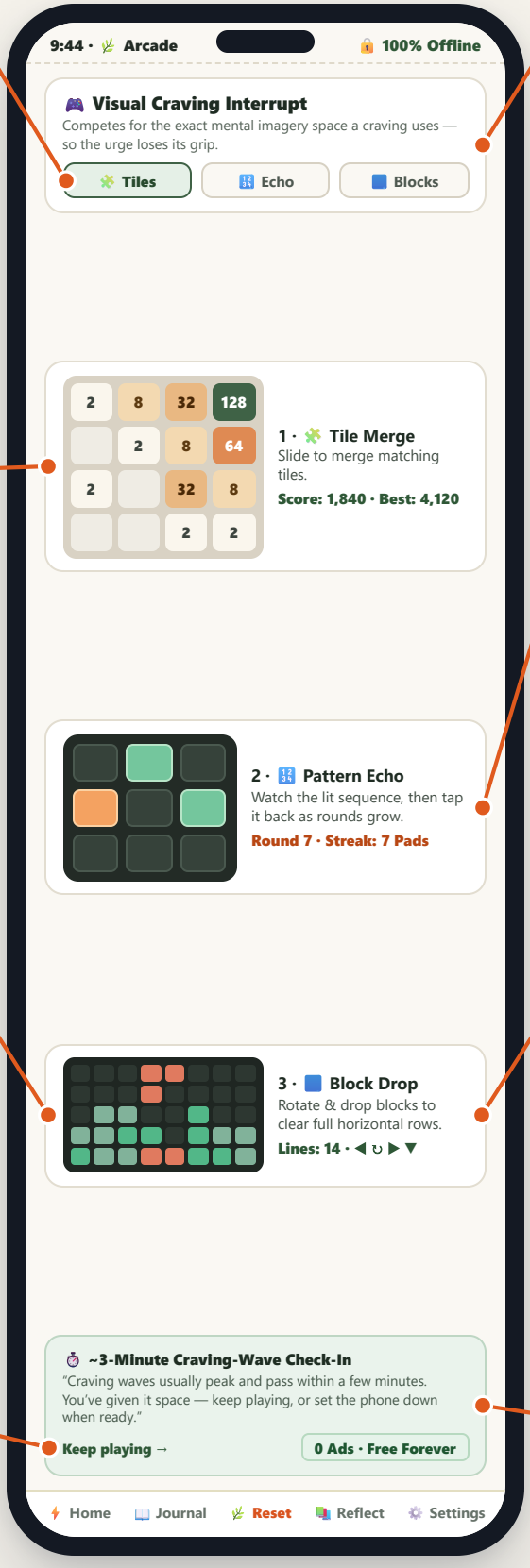
Tiles · Echo · Blocks

Instant launch inside Reset. Switch seamlessly between number logic, sequence memory, or spatial rotation in 1 tap.

Visuospatial Craving Science

Urge Image ⚔ Spatial Puzzle

Backed by cognitive research. Playing a spatial puzzle for 3 minutes starves cravings of mental imagery bandwidth.



Tile Merge (2048 Logic)

32 + 32 → 64 Tile!

Steady planning focus. Swipe in 4 directions to double matching powers of 2 without frantic countdown clocks.

Pattern Echo (Memory)

Watch 1→4→6 → Tap Back

Active working-memory lock. Holding an expanding light sequence in mind leaves zero room for looping urge thoughts.

Block Drop (Spatial Flow)

↻ Rotate · ⬇ Clear Full Row

Classic visuospatial interference. Rotating falling shapes occupies the exact visual cortex cravings hijack.

Thumb-Friendly Controls

◀ Left · ↻ Rotate · ▶ Right · ▼ Drop

One-handed anywhere. Designed for subtle, quiet play in a hallway, parked car, or breakroom with sound off.

Zero Dark-Pattern Mechanics

0 Ads · 0 Gems · Offline

Built to calm, not hook. App-store puzzle games bombard you with ad videos; Reset Arcade is pure quiet relief.

3-Minute Wave Awareness

180s Wave → Gentle Offer

Never traps you in scrolling. After ~3 minutes, offers a calm prompt to check if the urge wave has passed.

Bolt-On Focus Pack Directory

12 Offline Built-In Voices (865+ Daily Entries) + Custom Personal Prompts — Meet Yourself Where You Are.

SETTINGS → FOCUS PACKS

FHG SP FREE GIFT + 1 CHOICE PACK INCLUDED

NOT SURE WHICH VOICE FITS TODAY? PICK YOUR STARTING SITUATION

In Recovery?
Start with **1939 Big Book** + **Daily Grounding Affirmations**.

Want Quiet Faith?
Keep **For His Grace (FHG SP)** 365 modern verses enabled free.

Fighting Impulses?
Bolt on **Epictetus: Catch the Pause** + **Marcus Aurelius**.

Building Craft?
Pair **William James** cue science with **Ben Franklin** or **Bennett**.

COMPLETE OFFLINE CATALOG — ALL 12 BUILT-IN FOCUS PACKS + YOUR OWN WORDS

1. For His Grace — Plain-Language Verses — FREE GIFT · 365
Warm Sanctuary Plain-Language (FHG SP) daily scripture — zero archaic 1611 stiffness.

2. 1939 Big Book — Recovery Reflections — 130 Entries
One day at a time reflections from the public-domain 1939 First Edition + spiritual toggle.

3. Daily Grounding Affirmations — 100 Entries
Calm, grounded morning statements for quieting harsh self-talk without toxic positivity.

4. William James — Make Habits Automatic — 30 Entries
Cue-and-routine psychology from the father of modern habit science (1890).

5. Ben Franklin — One Focus a Week — 30 Entries
Franklin's famous 13-virtue method: master one clear daily standard at a time.

6. Arnold Bennett — Own Your 24 Hours — 30 Entries
Reclaim 30 intentional morning or evening minutes inside a busy workday.

7. Samuel Smiles — Patient Grit — 30 Entries
Steady, unglamorous persistence when early motivation fades and real craft begins.

8. Marcus Aurelius — Quiet Resilience — 30 Entries
Private *Meditations* on releasing outcomes you cannot control and holding your post.

9. Epictetus & Seneca — Daily Stoic Action — 30 Entries
Direct morning rehearsals for stress, difficult people, and disciplined action.

10. Epictetus — Catch the Pause — 30 Entries
Widening the crucial 3-second gap between a sudden craving impression and your consent.

11. Seneca — Guard Your Time — 30 Entries
Protecting finite life hours from distraction, procrastination, and digital drift.

12. Aristotle — Small Repeats Shape You — 30 Entries
Practical ethics: excellence is never an accident, only small daily repeats made steady.

Plus Built-In Custom Pack — Personal Prompts: Write your own private coaching vows, sponsor reminders, or family reasons why — rotated offline alongside any pack. — Unlimited Custom

EXPLORE SISTER SOVEREIGN TOOLS — SCAN OR CLICK ANY CARD

Zero Subscriptions · 100% Local-First Privacy

ANDROID™ VISUAL MEMORY
Snap2Remember
Snap stove knobs, locks & parking spots — auto-clears in 24h, zero Camera Roll clutter.
Tap or Scan → quietmybrain.com/snap2remember

100% FREE SANCTUARY GIFT
For His Grace Reader
Read all 66 books in warm Sanctuary Plain-Language right in your browser, free forever.
Tap or Scan → forhisgrace.com

FOR DESKTOP CHROME / EDGE
Signal2Noise
Pick today's 3 real browser priorities and quiet the 47-item list when task freeze hits.
Tap or Scan → 864zeros.com/products/signal2noise

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