



# **Breaking Free from Addiction: Reclaiming Your Power from Addiction and Emotional Bondage**

SECTION 1

**Dr. John's**  
SYSTEMS & SOLUTIONS

## **Dedication to all my clients and members**

*These workbooks are dedicated to every soul who has suffered in silence, struggled in darkness, and longed for healing. May these workbooks, my courses, classes and sessions become your light, your mirror, and your roadmap back to your truth.*

To the child within you—wounded, unseen, and unheard—this is your call to come home.

To the survivor—you are not broken. You are sacred. You are becoming.

And to those who choose the path of healing: may you rise with dignity, speak with power, love without fear, and walk in wholeness.

— With reverence,

***Dr. John Souglides Ph.D.***

# Breaking Free from Addiction: Reclaiming Your Power from Addiction and Emotional Bondage

## SECTION 1: Understanding the Roots of Addiction

*By Dr. John Souglides Ph.D. – Specialist and Expert in:  
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Transformation and Metaphysics  
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This section explores the deep emotional, social, and psychological origins of addiction, helping you identify your personal triggers and background.

### Key Concepts:

- Substance Abuse
- Behavioral Addictions (e.g., food, exercise, self-harm)
- Emotional Dependencies
- Childhood Trauma and Development
- Social Rejection and Exploitation

### Self-Check Exercise: Where Do I Stand?

#### Rate yourself from 1–10 on the following:

- I feel emotionally secure most days
- I tend to self-sabotage when stressed
- I feel worthy of love and respect
- I have a healthy support system
- I feel empowered to change my life

### Reflective Questions:

1. What were my earliest memories of emotional pain?
2. When did I start depending on behaviors/substances to cope?
3. Who influenced my beliefs about myself and my value?

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