



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

SECTION 2

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.

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SECTION 2: Reprogramming the Subconscious Mind

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To change your life, you must first reprogram the beliefs that drive your decisions. This section introduces practical techniques to access and reframe the subconscious mind.

Key Concepts:

- Subconscious Programming
- Hypnotherapy and NLP
- Power of Visualization and Affirmation

Written Exercise: Identify Limiting Beliefs

List beliefs you hold that may be keeping you in a cycle of addiction or disempowerment:

- I am not good enough because...
- I always attract toxic people because...
- I cannot change because...

(Now reframe each into a positive belief.)

Visual Exercise: My Belief Tree

Draw a tree. On the roots, write your limiting beliefs. On the branches, write new empowering beliefs. Use this visual as a daily reminder of your transformation.

Daily Affirmation Tracker

Write and track affirmations:

Example affirmations:

- I am worthy of a joyful life.
- I choose to heal each day.

Create 5 affirmations of your own and track them for 30 days.

Guided NLP Reframe Script

Step 1: Think of a limiting belief.

Step 2: Close your eyes and visualize the belief as an object.

Step 3: Change its shape, color, or sound. Make it smaller, lighter, or humorous.

Step 4: Replace it with an empowering belief and visualize it glowing brightly inside you.

Breathwork Technique: 4-7-8

This calming technique re-centers the nervous system.

1. Inhale for 4 seconds.
2. Hold for 7 seconds.
3. Exhale slowly for 8 seconds.

Repeat for 5 cycles every morning and night.

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