



Breaking Free from **Addiction:** Commitment to Transformation

SECTION 6

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

SECTION 6: Commitment to Transformation

Designed to solidify everything the reader has worked through and help them stay devoted to their self-healing journey.

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Healing is not a one-time decision – it's a series of daily choices rooted in self-love, clarity, and personal truth. This section empowers you to make a long-term commitment to yourself and your new life.

Why Commitment Matters

When you commit to yourself 100%, your subconscious aligns with your conscious goals. This activates deep, sustainable transformation.

Reflection Prompt:

“What would my life look like if I never gave up on myself?”

30-Day Personal Commitment Contract

Instructions: Fill this out and sign it. Revisit it daily.

I, _____, commit to my healing journey for the next 30 days.
I am committed to show up with honesty, courage, and compassion.
I understand that healing is not always linear, and I give myself permission to be imperfect.
I will honor my growth, no matter how small it may seem.

Signature: _____

Date: _____

Daily Practice Sheet

Use this space to plan your daily wellness ritual. Aim for consistency over perfection.

Daily Practice	Description	
Morning grounding		<i>e.g., prayer, breathwork, movement</i>
Affirmation of the day		<i>e.g., "I am healing and evolving."</i>
3 things I'm grateful for		
Emotional check-in		<i>How do I feel right now?</i>
Evening reflection		<i>What did I learn today?</i>
Morning grounding		<i>e.g., prayer, breathwork, movement</i>

Weekly Reflection Prompts

Use every Sunday evening to stay connected to your purpose and progress.

- What was the highlight of my week?
- What challenge did I overcome?
- What patterns am I releasing?
- What did I learn about myself?
- What do I want to focus on next week?

Success Dynamics: Morning & Evening

Morning Dynamics:

1. Breathe deeply for 2 minutes
2. Recite 3 affirmations
3. Visualize your highest self for 1 minute
4. Drink water and stretch
5. Set one intention for the day

Evening Dynamics:

1. Reflect on your wins and lessons
2. Journal one gratitude and one insight
3. Practice 4-7-8 breathing
4. Say: "I am proud of who I am becoming"

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Dr John Souglides, Ph.D.

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