



Self-Healing Workbook: **Ending Promiscuous** **Patterns & Cultivating** **Self-Love**

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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Introduction

This workbook is designed to guide individuals through deep self-reflection, healing practices, and transformative exercises to support them in ending compulsive or harmful sexual behavior and reclaiming their self-worth and emotional sovereignty.

Section 1: Self-Reflection

Answer the following questions honestly. There are no right or wrong answers.

1. What does sex represent for you emotionally and psychologically?
2. When did you first notice patterns of promiscuity in your life?
3. What emotions do you often feel before and after sexual encounters?

4. Can you recall specific events or traumas that may have influenced this behavior?

5. What are you truly seeking through sex or sexual attention?

Section 2: Understanding Patterns

1. List recent sexual experiences that left you feeling regretful, empty, or confused.

2. Identify common triggers: Are there emotions, events, or thoughts that often lead to seeking sex?

3. What internal or external rewards are you receiving from this behavior?

4. What does your ideal relationship with sex and intimacy look like?

Section 3: Daily Affirmations & Identity Shifts

Repeat the following affirmations daily, morning and night. Add your own.

- I am enough exactly as I am.
- I no longer need to seek love through sex.
- I am worthy of deep, fulfilling love.
- My body is sacred, and I choose to honor it.
- I am healing more each day and loving myself deeply.

Create Your Own Affirmations:

Section 4: Healing Tools and Practices

- Daily Journaling: Record your emotions, triggers, and progress.
- Meditation: Practice mindfulness to cultivate inner peace and self-awareness.
- Mirror Work: Speak affirmations while looking into your eyes in the mirror.
- Emotional Freedom Technique (EFT): Tap through trauma and limiting beliefs.
- Somatic Therapy Practices: Reconnect with your body through safe, grounded movement.

Section 5: Boundary Setting & Self-Care Plan

1. My physical boundaries are:

2. My emotional boundaries are:

3. I will say NO to:

4. I will say YES to:

5. My non-negotiables in future relationships are:

Section 6: Personal Commitment Contract

I, _____, commit to honoring myself, my body, and my healing journey. I choose to explore love, intimacy, and connection in healthy, fulfilling ways. I promise to seek support when needed and be patient and loving toward myself.

Signature: _____ Date: _____

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