



Divine Living Solutions

EMOTIONAL MANAGEMENT PROGRAM

12-Session Self-Applied Digital Participant Workbook PRE-PURCHASE PROGRAM OUTLINE

Program Overview

The Emotional Management Program is a structured 12-session self-applied digital participant workbook designed to support greater awareness of emotions, fear, stress, thinking patterns and anger. The program progresses from identifying the participant's presenting problem and practical strategies through to emotional management, stress and addiction-related stress, letting go, constructive thinking, anger management, consolidation and exit planning. The final session also supports continued self-discovery, monitoring of negative self-talk and participant feedback.

ONLINE PURCHASE - WIX DIGITAL PRODUCT

Complete 12-session self-applied digital participant workbook

AUD \$39.95

One-time purchase | Digital PDF | Individual participant licence

What This Program Covers

This pre-purchase outline provides a preview of the learning pathway without reproducing the full participant workbook activities, templates or guided exercises.

12-Session Program Outline

Session	Focus	Pre-Purchase Preview
1	Identification of the Problem	Identify the presenting problem, consider the solution and begin using practical strategies.
2	What Is Emotional Management?	Develop an understanding of emotional management and the role of emotions in thinking and behaviour.
3	Fear: Symptoms and Management	Recognise symptoms of fear and consider strategies for managing fear more constructively.
4	Progress Review	Review the first three sessions and identify learning, progress and areas requiring further attention.
5	Stress: Symptoms and Strategies	Recognise symptoms of stress and identify practical strategies that can be applied in everyday life.
6	Stress and Addictions	Explore how stress may relate to addictive behaviours and personal patterns.
7	Overcoming Stressors	Identify steps and strategies for addressing stressors in a more constructive way.
8	Letting Go: Cycle of Fear and Stress	Explore the letting-go process and the relationship between fear, stress and recurring emotional patterns.
9	Thinking and Harmful Emotions	Examine thinking patterns and how they may contribute to emotions that cause harm or distress.
10	Anger: Symptoms and Management	Recognise symptoms of anger and consider strategies for managing anger more effectively.
11	Consolidation	Bring together the learning from Sessions 1-10 and review the key strategies developed throughout the program.
12	Exit Planning and Feedback	Develop an exit plan, consider ongoing self-discovery, monitor negative self-talk and complete participant feedback.

What You Will Receive

One complete 12-session digital participant workbook developed for self-applied participation. The purchased workbook is intended to expand the program outline into structured participant learning, guided reflection, personal application and practical strategy development.

- A clearly structured 12-session learning pathway.

- Participant-focused explanations aligned with the Emotional Management Program topics.

- Guided self-reflection and personal application activities.

- Practical strategy and action-planning sections.

- Progress review and consolidation activities.

- Exit planning, continued self-discovery and participant feedback.

- A digital PDF format suitable for independent use on a compatible device or for personal printing.

Who This Workbook Is For

This workbook is designed for adult participants seeking a structured self-applied resource to increase awareness of emotional responses and to explore fear, stress, thinking patterns, anger and personal strategies for positive change. The source program also places several sessions in the context of addiction-related stress and recovery.

Workbook Features

- Self-paced 12-session format.

- Structured learning and reflection.

- Practical personal-development focus.

- Progressive review from identification through to exit planning.

- Individual participant use.

Wix Product Listing

Suggested Product Name

Emotional Management Program - 12-Session Self-Applied Digital Participant Workbook

Wix Product Price

AUD \$39.95 - one-time digital product purchase.

Short Wix Product Description

A professional 12-session self-applied digital participant workbook supporting greater awareness of emotions, fear, stress, thinking patterns and anger. Includes structured learning, guided reflection, strategy development, consolidation and exit planning.

Full Wix Product Description

The Emotional Management Program is a structured digital participant workbook designed for independent, self-applied participation across 12 sessions. The program begins with identification of the problem and practical strategies, then develops understanding of emotional management, fear, stress, addiction-related stress, overcoming stressors, letting go, thinking patterns and anger. The final sessions consolidate the learning and support exit planning, ongoing self-discovery, monitoring of negative self-talk and feedback.

Suggested Wix Product Button

PURCHASE DIGITAL WORKBOOK - AUD \$39.95

Suggested Product Category

Digital Workbooks / Personal Development Programs

Suggested Wix Checkout Note

Digital product - no physical item will be shipped. This purchase provides an individual participant licence for the Emotional Management Program digital workbook.

Digital Product Information

This is a digital PDF product. After purchase through your Wix online store, the participant receives access to the purchased workbook according to the digital-delivery settings configured for the product.

Customer Instructions

- Save the purchased workbook to a secure personal device.
- Complete the sessions in sequence and allow time for reflection and practice between sessions.
- Keep personal workbook responses private and store the file securely.
- Do not forward, upload, reproduce or distribute the workbook to another person.

Please Protect Your Workbook

Your purchase is for individual participant use. Protecting the workbook helps preserve the integrity of the program and the intellectual property of Divine Living Solutions.

Individual Participant Licence

Purchase provides a licence for one individual participant to use the digital workbook for personal educational and personal-development purposes. The workbook must not be copied, shared, distributed, resold, republished, uploaded or supplied to another participant or organisation without prior written permission.

Important Disclaimer

The Emotional Management Program is an educational and personal-development resource. It does not provide diagnosis, clinical treatment, medical advice, legal advice or emergency assistance and is not a substitute for appropriate professional services. Participants should seek suitable professional support where their circumstances require it.

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