



Divine Living Solutions

SUBSTANCE DEPENDENCE & ADDICTION PROGRAM

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

A structured educational and personal-development program supporting greater awareness, self-reflection, informed decision-making and positive change.

AUD \$39.95

Digital PDF | 12 Sessions | Self-Applied | Individual Participant Licence

This pre-purchase outline explains the program structure, workbook features and Wix purchase information without revealing the complete participant exercises, worksheets or response activities.



Substance Dependence & Addiction Program

Program Overview

The Substance Dependence & Addiction Program is a structured 12-session self-applied digital participant workbook designed to support participants in developing a clearer understanding of substance dependence and addiction, recognising personal patterns, reviewing progress and developing practical strategies for positive change.

The program follows a progressive learning pathway. Participants begin by identifying the problem and exploring the distinction between addiction and dependence, before examining symptoms, harm minimisation and abstinence, spiritual disconnection, strategies for overcoming dependence or addiction, the cycle of addiction, current thinking patterns and ways of moving forward.

The final sessions consolidate learning and guide participants toward an individual exit and forward-planning strategy, including continued self-discovery, awareness of negative self-talk and program feedback.

Program Purpose

The workbook provides a structured framework through which participants can increase personal awareness, reflect on behaviours and thinking patterns associated with substance dependence and addiction, and identify constructive strategies that may support positive change.

12-Session Program Framework

Session 1 - Identification of the Problem

Identify primary concerns and begin considering the relationship between the problem, possible solutions and strategies for change.

Session 2 - Understanding Addiction and Dependence

Explore the distinction between addiction and dependence and establish a clearer foundation for understanding the participant's experience.

Session 3 - Recognising Symptoms

Examine symptoms and indicators associated with substance dependence and addiction.

Session 4 - Progress Review

Review the first three sessions and identify learning, personal insights and progress achieved to date.

Session 5 - Harm Minimisation and Abstinence

Explore the difference between harm minimisation and abstinence and consider these approaches within the participant's personal change process.

Session 6 - Understanding Spiritual Disconnection

Consider the concept of spiritual disconnection and its relationship to personal meaning, connection and self-awareness.



12-Session Program Framework - Continued

Session 7 - Strategies for Overcoming Dependence and Addiction

Identify and consider practical strategies that may support the participant in addressing dependence or addictive behaviours.

Session 8 - Letting Go and the Cycle of Addiction

Explore the participant's own letting-go process and develop awareness of patterns within the cycle of addiction.

Session 9 - Current Thinking and Self-Awareness

Reflect on current thinking in relation to dependence and addiction and identify thought patterns that may influence behaviour and decision-making.

Session 10 - Moving Forward

Consider constructive steps, choices and strategies for continuing personal change and moving forward.

Session 11 - Consolidation

Bring together the key learning, strategies and personal insights developed throughout Sessions 1-10.

Session 12 - Exit Planning and Continuing the Journey

Develop an exit and forward-planning strategy, consider ongoing recovery and self-discovery, increase awareness of negative self-talk and complete the program feedback questionnaire.

What Participants Receive After Purchase

The complete Substance Dependence & Addiction digital participant workbook expands the above framework into a guided self-applied program. The purchased workbook includes:

- Twelve structured participant sessions
- Guided learning and personal reflection prompts
- Activities supporting self-awareness and identification of personal patterns
- Strategy-development and action-planning activities
- Progress-review and consolidation exercises
- Forward-planning and exit-planning activities
- Prompts supporting continued self-discovery and awareness of negative self-talk
- Program feedback questionnaire

Pre-purchase protection: Detailed participant exercises, worksheets, response templates and full session activities are provided only within the purchased workbook.



Who Is This Program Designed For?

This self-applied workbook is intended for adults seeking a structured educational and personal-development resource to examine substance dependence and addiction, strengthen personal awareness and develop a clearer framework for positive change.

- Individuals seeking greater understanding of addiction and dependence
- Participants wishing to examine behaviours, thinking patterns and personal circumstances
- Individuals interested in understanding harm minimisation and abstinence concepts
- Participants seeking a structured process for reflection and strategy development
- Individuals wanting to review progress and develop a personal forward plan
- Participants who prefer a structured independent learning format

Workbook Information

Product	Substance Dependence & Addiction Program - 12-Session Self-Applied Digital Participant Workbook		
Format	Digital PDF participant workbook		
Program Length	12 sessions		
Participation	Self-applied / independent learning		
Primary Focus	Education, reflection, self-awareness and strategy development		
Delivery	Digital product		
Licence	Individual participant use		
Price	AUD \$39.95		

Wix Product Listing

Suggested Wix Product Name

Substance Dependence & Addiction Program - 12-Session Self-Applied Digital Participant Workbook

Wix Product Description

A professionally structured 12-session self-applied digital participant workbook designed to support greater understanding of substance dependence and addiction through progressive education, guided self-reflection, personal strategy development, progress review and forward planning.

12 Sessions | Digital PDF | Self-Applied | Individual Participant Licence



Wix Purchase Options

Option 1 - Purchase Digital Workbook

AUD \$39.95 - One-Time Purchase

Purchase the complete 12-session Substance Dependence & Addiction digital participant workbook for individual participant use.

PURCHASE DIGITAL WORKBOOK - AUD \$39.95

Option 2 - Buy Now

Use a direct Wix Buy Now option for customers who are ready to proceed immediately to checkout. After successful payment, the customer receives access to the digital workbook according to the digital-delivery settings configured within the Wix store.

BUY NOW - DIGITAL WORKBOOK

Suggested Wix Checkout Note

Digital Product - Please Read Before Purchasing

This is a digital PDF product. No physical workbook will be posted. Please ensure the email address entered at checkout is correct and securely save your workbook after purchase.

Individual Participant Licence

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

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Important Program Disclaimer

This workbook is an educational, health-promotion and personal-development resource. It is not a diagnostic or treatment service and does not replace medical care, professional counselling, addiction treatment or emergency assistance. Substance dependence and withdrawal can involve significant health risks. Participants should obtain appropriate professional advice before making significant changes to alcohol or other drug use. Some forms of withdrawal may require medical assessment and supervision.

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