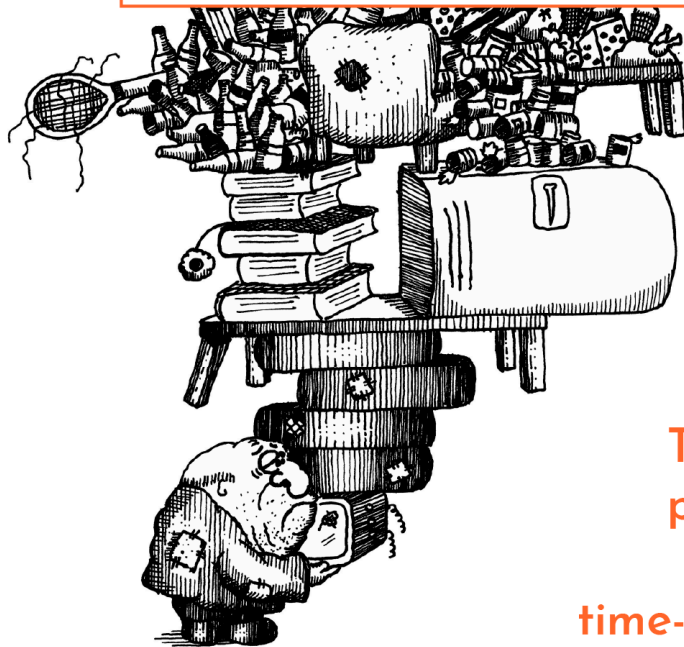


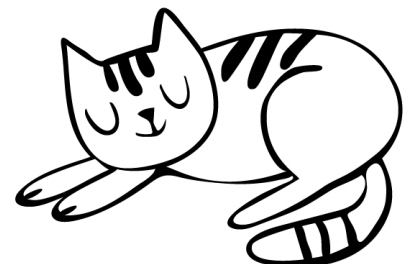
# FROM JUNKIE TO JUICY



A 5-Week Rehab for  
Commitment Addicts

For anyone showing  
symptoms of obligation  
overload!

This humorous journal is your  
personal therapy for treating  
pointless spending, stealthy  
time-thieves, and annoying habits.



UTE SCHMALHOFER  
TieCure Publishing

## **From Junkie to Juicy - A 5-Week Rehab for Commitment Addicts**

A fun journal by  
**Ute Schmalhofer,**  
the inventor of “Commitment Detox”:

<https://klarheitswerk.de/en/commitmentdetox.html>



TieCure Publishing

## Imprint



### ISBN:

978-3-9827532-4-9

### Edition:

This is a printable digital edition made available via Amazon KDP.

Do not copy. For private use only.

### Responsible for content under § 18 (2) MStV (German State Media Treaty):

Ute Schmalhofer

Karlstraße 7

82054 Sauerlach

Germany

Copyright:

© 2025 Ute Schmalhofer. All rights reserved.

Cover: Hamza on Fiverr, Robert Hofmann

### Disclaimer:

The content of this book has been created with great care. However, no guarantee is given for the accuracy, completeness, or timeliness of the information provided.

### Legal Deposit:

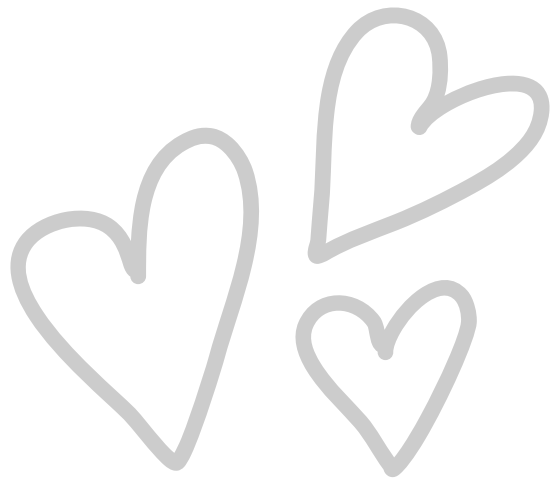
Submission to the German National Library in accordance with § 16 of the German Publication Law (Pflichtexemplargesetz, PflBG) is not required for this format.

### Copyright Notice:

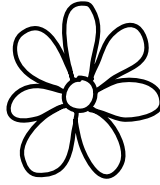
This work, including all of its parts, is protected by copyright. Any use beyond the strict limits of copyright law without the author's permission is prohibited and punishable by law. This applies in particular to reproductions, translations, microfilming, and storage or processing in electronic systems.



turn page  
to start





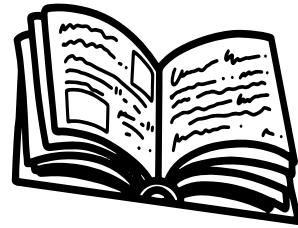
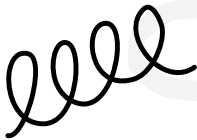


## Week 1 - First Anamnesis:

---

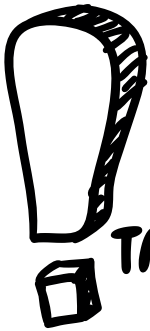
### REFLECTION QUESTION:

What obligations have crept into your life - consciously or secretly through the back door?



### FOR INSPIRATION:

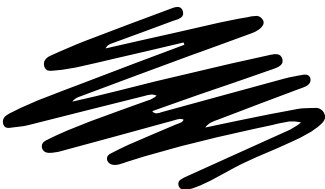
"At first we had no obligations. Then we did. Now they have us." - Unknown

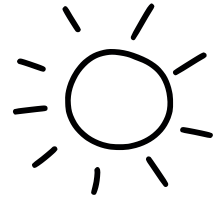


### TASK OF THE WEEK

Create your personal "commitment log." Take a few minutes each day and write down everything you regularly do, pay, or promise—whether officially, subconsciously, or just because. If you end up with a few days without an entry, that's okay—that means you have most things in view!

**Small spoiler: The list might be longer than you'd like!**





## Where does all this stuff come from?

---



### SOME SUGGESTIONS:

- ☆ Contracts & subscriptions (rent, cell phone, Netflix, gym, apps ...)
- ☆ Social obligations (family gatherings, club memberships, birthday presents)
- ☆ Professional to-dos (emails at the weekend, extra tasks 'because no one else is doing it')
- ☆ Habits (cooking and tidying up for everyone)

### Target of the week:



Recognize how much has accumulated and what you have more on your radar (= the entries from the first few days) and what you have less on your radar.

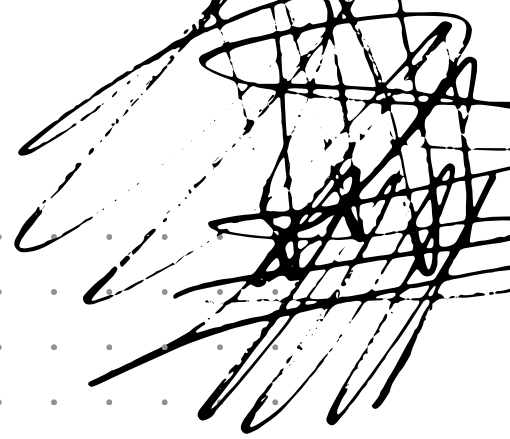
**Take a deep breath. You've taken the first step!**



Week 1



DAY 1



Spotify Premium

Club

Yoga-Class

parent  
representative

cell phone  
contract

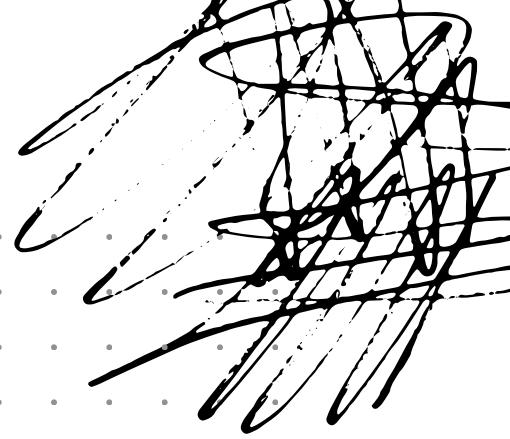
Netflix



Week 1



DAY 2



iron laundry

fitness app

being the family  
Uber

premium  
cards

internet  
connection



Week 1

☺ DAY 3 ☺  
☺

horse riding  
participation

rent

Amazon Prime

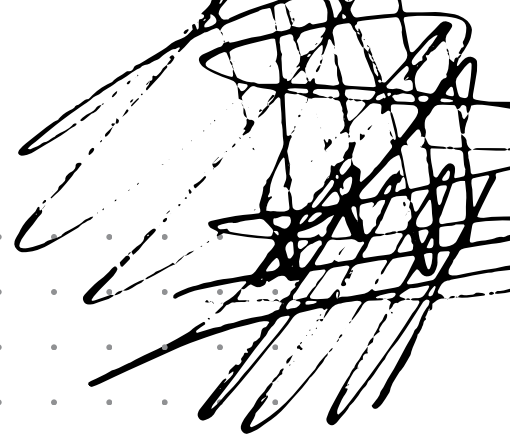
insurances

meditation-app

Week 1



DAY 4



gym

gel nails

tick off monthly visit  
to Aunt Betty

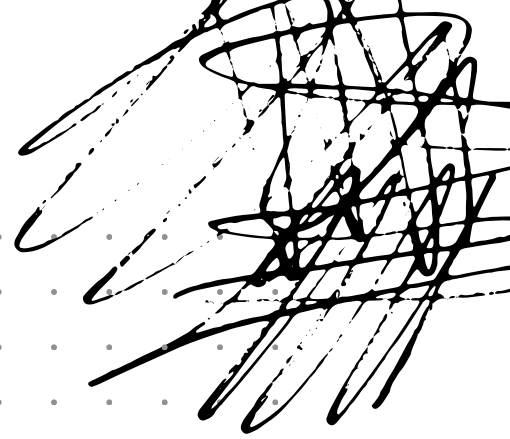
prepare Thanksgiving  
turkey



Week 1



**DAY 5**



mow the lawn

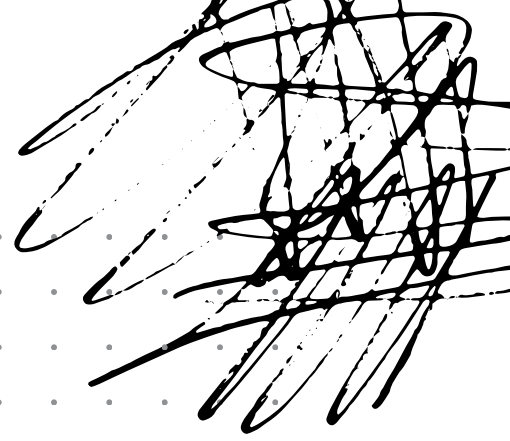
running group

walk the dog

always be  
available (for the  
boss)



Week 1



bake Sunday cake

choir

concert  
subscription

organize flea market

cooking and cleaning  
the kitchen

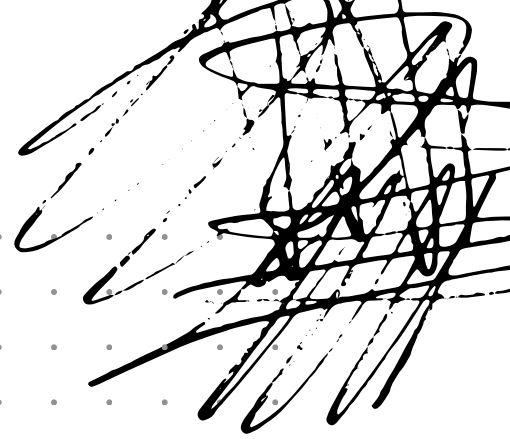




Week 1



DAY 7



monthly meet-up

theater group

leasing rate

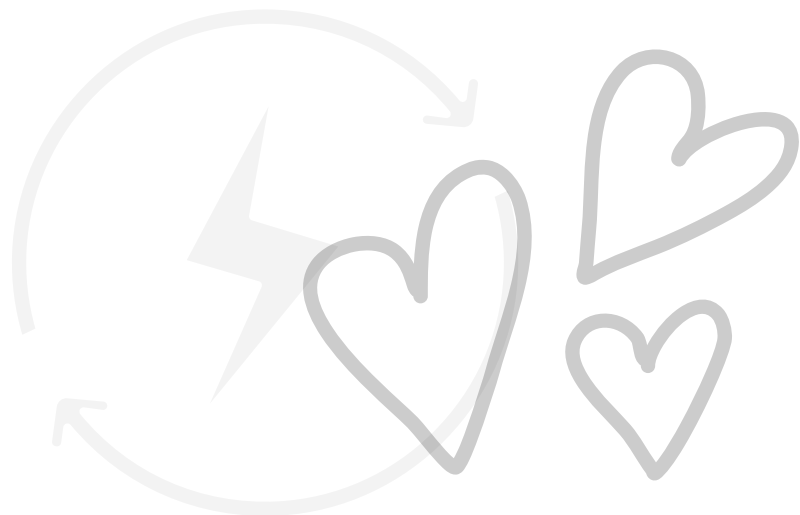
newspaper

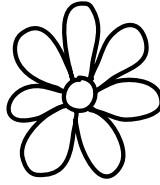
cleaner





empty page



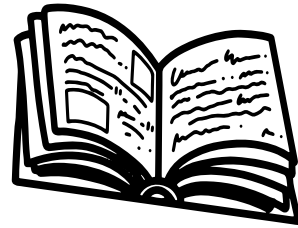


## Week 2 - The Check-Up:

---

### REFLECTION QUESTION:

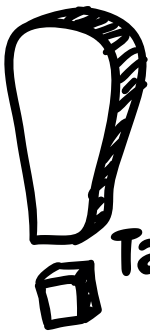
Which of your commitments still feel like “Heck yes!”—and which ones feel more like a cactus in your shoe?



### FOR INSPIRATION:

“It’s not the time we have, but the things we do, that either set us free or tie us down.”

– Unknown

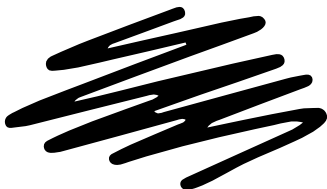


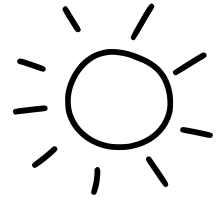
### Task of the week:

#### Day 1:

Grab your list from Week 1 and give each commitment a traffic light rating:

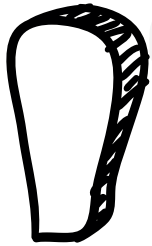
- Green – Feels good or brings you value (e.g. money, joy, recognition)
- Red – Drains you, stresses you out, or just feels plain wrong
- Yellow – Meh. Maybe it used to be good ... but is it still?





## What's my take on all that?

---



### Days 2 - 7:

Each day, you'll zoom in on a handful of your commitments and dive a little deeper.

No pressure – this is just about reflection. The action part comes later.

### Target of the week:

Start seeing things more clearly – and realizing that not everything you do is actually good for you.

This week is your chance to take a conscious look at your obligations and get a first feel for all the stuff you're carrying around.

**Keep going – after all, rehab is a little bit of work!**



Week 2

☺ ☺ DAY 2 ☺ ☺

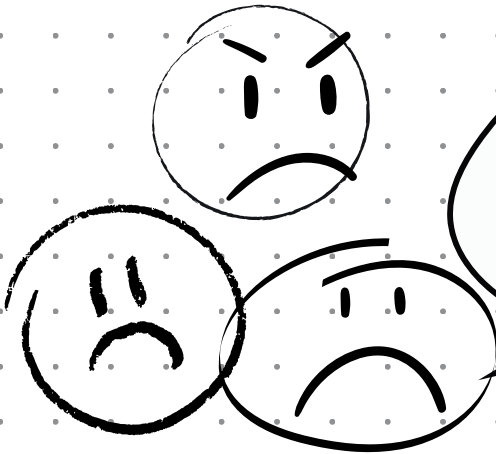
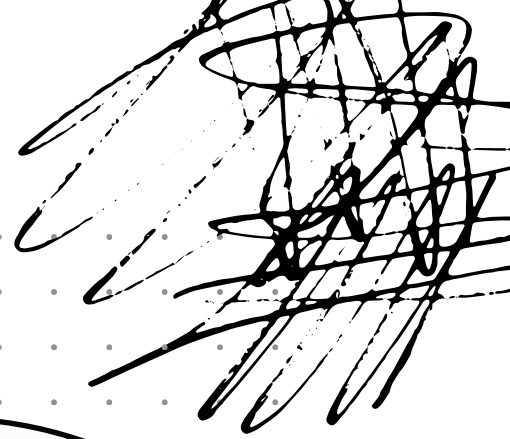
☺  
GOOD  
ENERGY

Pick at least one of  
your green commitments  
and write down what makes it  
a keeper. What's the joy or  
value it brings you?

Week 2



DAY 3



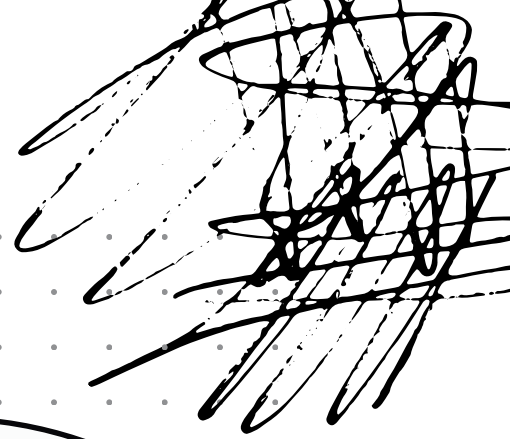
Snatch one of your red commitments and spill the tea — what's so annoying about it? Say it like it is. No sugarcoating today!



Week 2



DAY 4



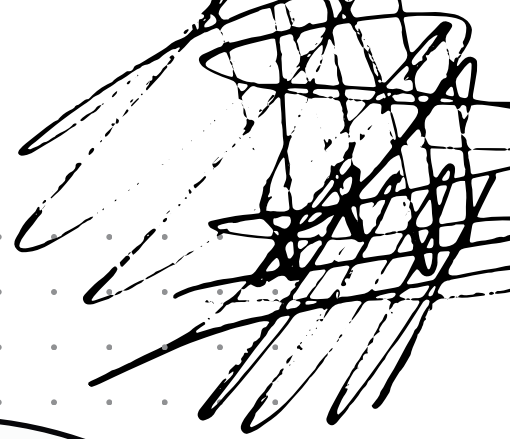
Pick at least one yellow  
commitment and think  
about why you're unsure  
if you like it or not.



Week 2



DAY 5



GOOD  
ENERGY

Scroll back to day 2 of this week. Would you like to change or add something?

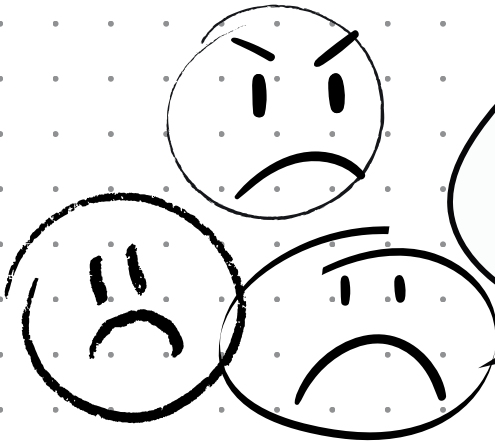




Week 2



DAY 6



Check your entries  
from day 3 this week —  
do you see anything  
differently now or is  
everything just as annoying?



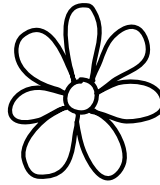
Week 2



DAY 7



Take a look at  
your entries from day 4  
this week. Had you had  
any lightbulb moments  
since then, or is it still all  
a bit fuzzy?

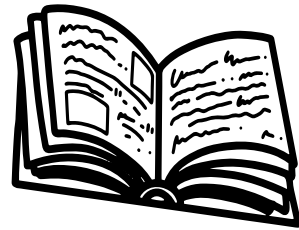


## Week 3 - The Therapy Plan:

---

### REFLECTION QUESTION:

How will you turn your green commitments into your besties, send the red ones packing, and finally give the yellow ones a proper compass?



### FOR INSPIRATION:

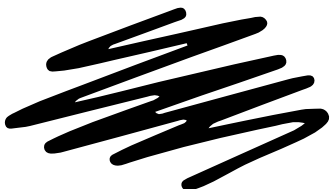
“Change is the process by which the future replaces the past.”

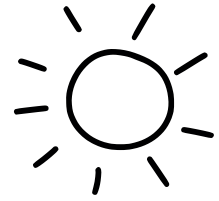
– Unknown



### Task of the week:

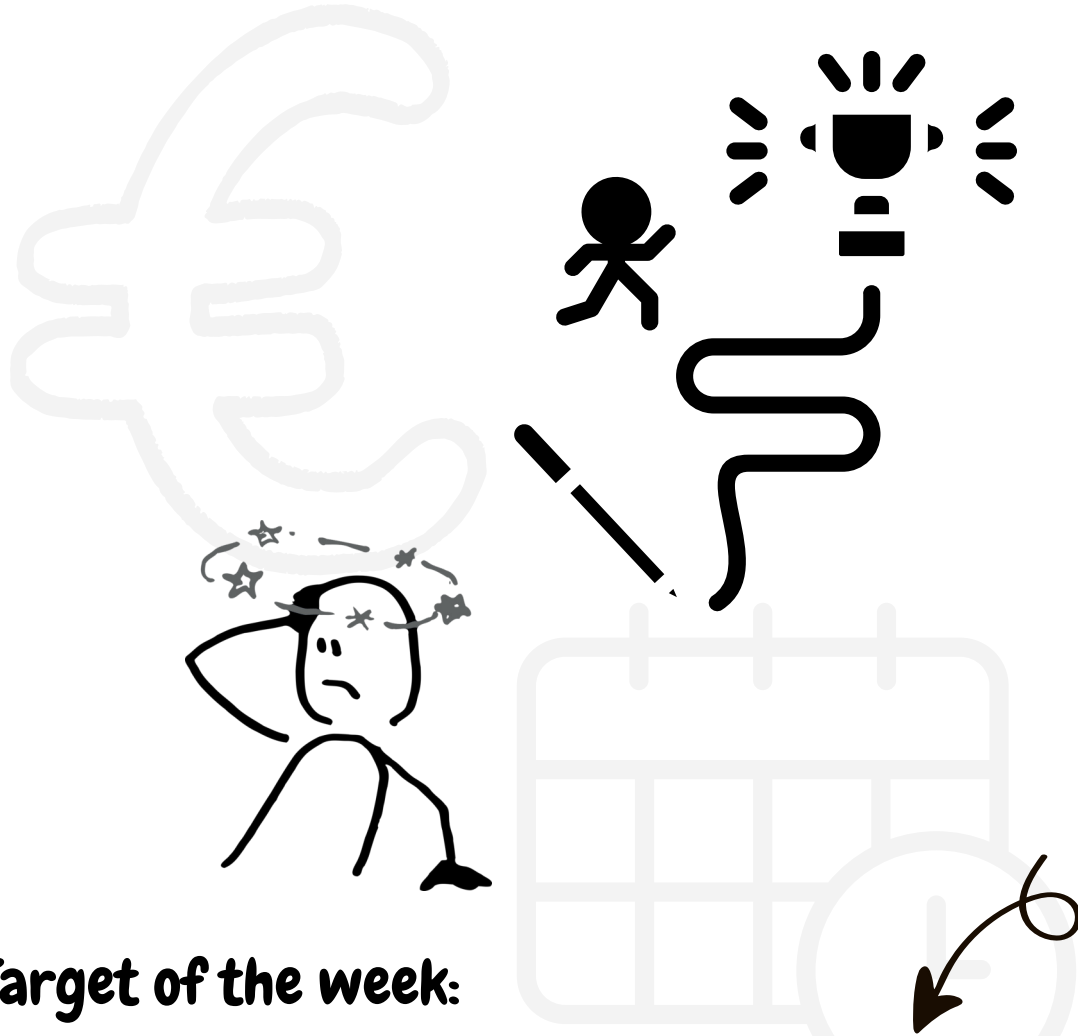
Alright. Now that you've sorted your commitments – from “heck yes” to “oh hell no” – it's time to go a level deeper. We'll look at what you really want, what you actually need, and what's just lying around like moldy ship biscuits. Welcome to Week 3 – your therapy plan begins!





# How does a Junkie become a Master?

---



## Target of the week:

How does a junkie become a master? By stopping the constant spill of time, money, and energy into anything and everything – and starting to steer with intention.

This week, you'll take a hard look at what truly fuels you, what drains you, and what's just running on autopilot.

You'll start making decisions that serve you – instead of just reacting all the time.

**Your therapy plan turns you into the boss of your resources.**



Week 3



DAY 1



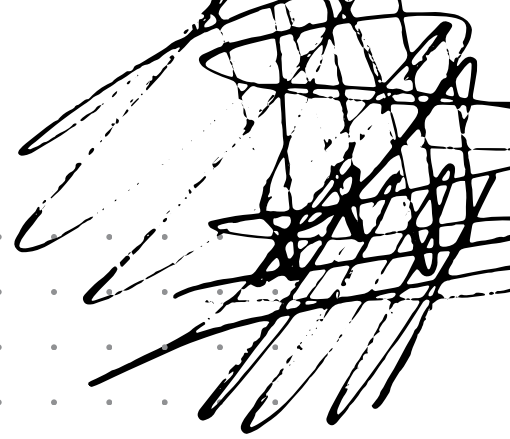
## Green goodness

Pick one green commitment that really does you good. Now think:

- Do you want more of that in your life? Why?
- What positive effects does this commitment have on you?
- What exactly about it gives you energy and joy?



Week 3



Week 3



# DAY 2



## Seeing red

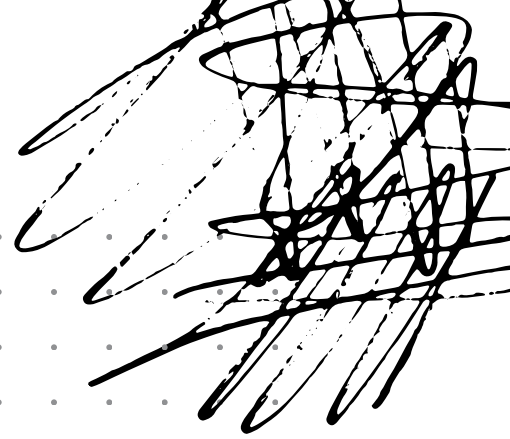
Look at your red commitments. What options do you have?

- Can you delegate them?
- Can you reduce them?
- Can you ditch them altogether?
- Is there a cheaper or easier way to handle them?



Week 3

☺ ☺ DAY 2 ☺ ☺





Week 3



DAY 3



## Yellow mysteries

Time for your yellow commitments. Ask yourself:

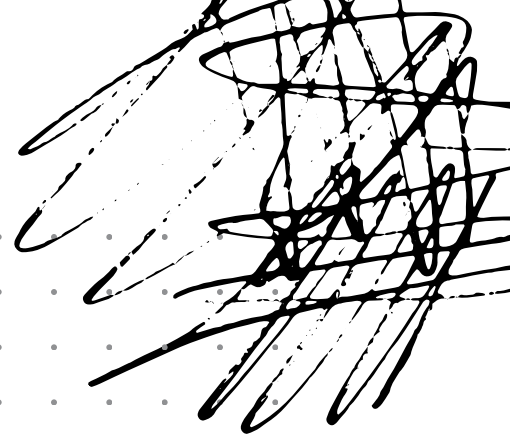
- Why are these still a question mark for you?
- What exactly makes them feel fuzzy or unclear?
- What information is missing? What angle haven't you considered yet?
- Who or what could help you solve the mystery?



Week 3



**DAY 3**



Week 3



DAY 4

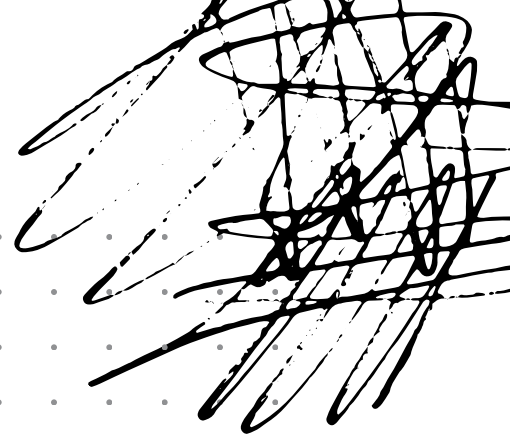


## Green upgrades

- Got some feel-good ideas that you keep pushing to “someday”?
- What’s holding you back – doubt, lack of time, calendar chaos?
- And who or what could help you bring those goodies into your life?



Week 3



Week 3



DAY 5



## Showing red cards

Back to those troublemakers from day 2. Don't give up – they're annoying, yes, but important.

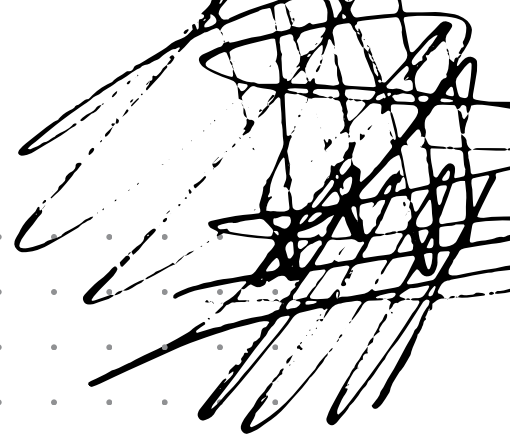
- Is there something you could implement easily?
- Where does it get tricky – and why?
- Who or what could help you bench these players or swap them out?



Week 3



**DAY 5**



Week 3



DAY 6



## Decode the yellows

Time to use a bit more brainpower to crack those yellow codes.

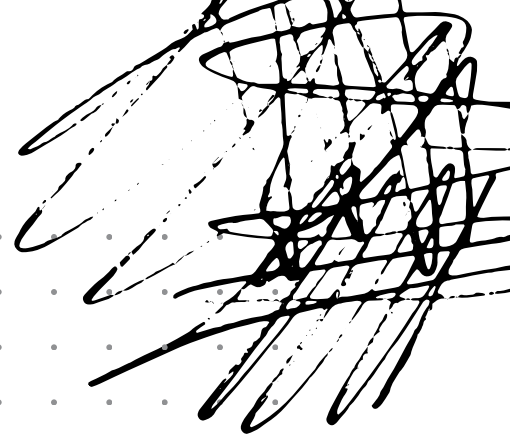
- Have you figured out what makes them so fuzzy – and can you clear that up?
- Are the missing pieces easy to get?
- Is the “who or what” you need within reach?



Week 3



**DAY 6**

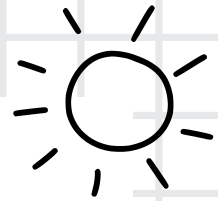




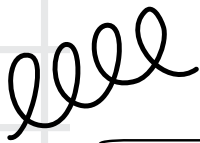
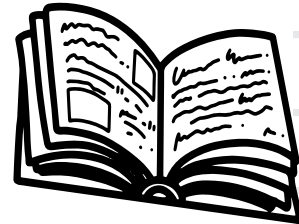


Week 3

# DAY 7



## Decision Time

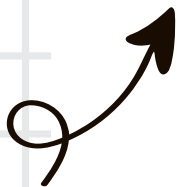
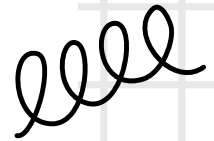
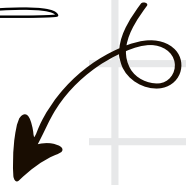
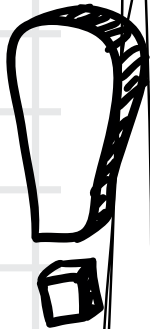


1. Got a clearer picture of your commitments?

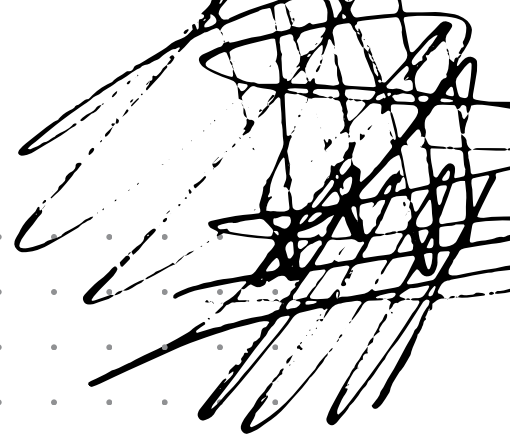
What does it look like?

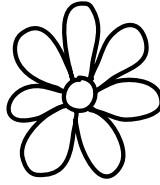
Jot it down!

2. Now pick at least one commitment from each color to work on during this rehab. No excuses—write them down!



☺ ☺ DAY 7 ☺ ☺



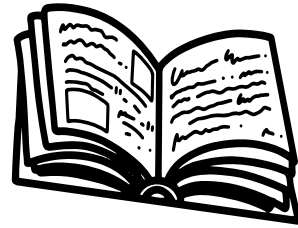
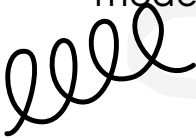


## Week 4 - Time to Get Real:

---

### MISSION:

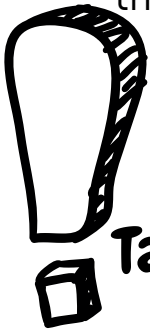
By now, you've gathered a whole bunch of insights – congrats! So ... what now? You guessed it: out of reflection mode and into real life.



### FOR INSPIRATION:

“The beginning is the most important part of the work.” – Plato

(Even old Plato knew: starting is the hardest part. After that, it usually flows.)

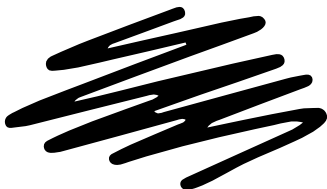


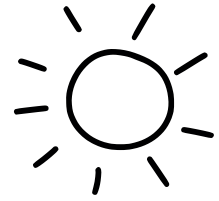
### Task of the week:

We've examined the patient, made the diagnosis, and drawn up a plan – now it's time to put it into action.

In any kind of therapy, every step counts – even the slow and stubborn ones.

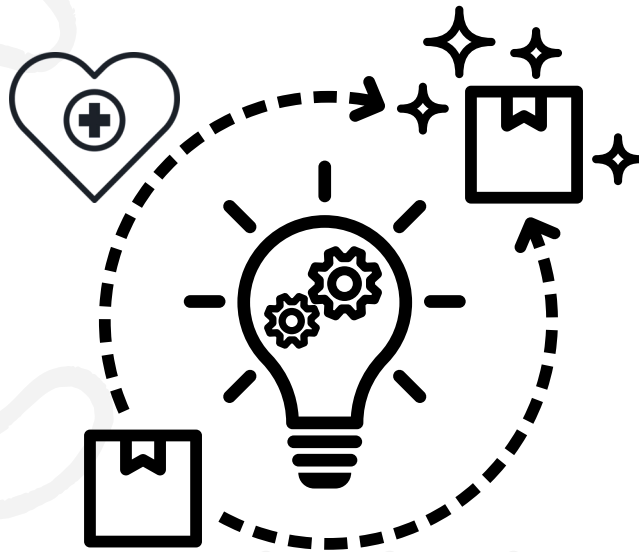
We're on the road to recovery!





## Let the Therapy Begin!

---



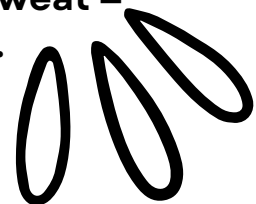
### Target of the week:

You're now putting into practice what you've been preparing for the past three weeks.

No dramatic revolution – just a smart redesign of your day-to-day.

Step by step, easy does it. (Well ... mostly easy.)

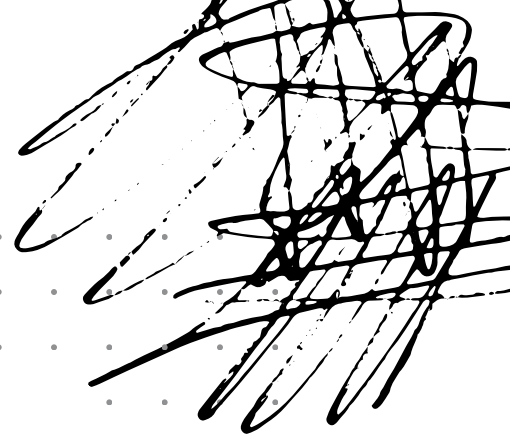
**Week 4 is when your inner slacker starts to sweat – because this time, you mean business.**



Week 4



DAY 1



## Mini-Exercise



### Nourishing the greens

Look back at your notes from yesterday.

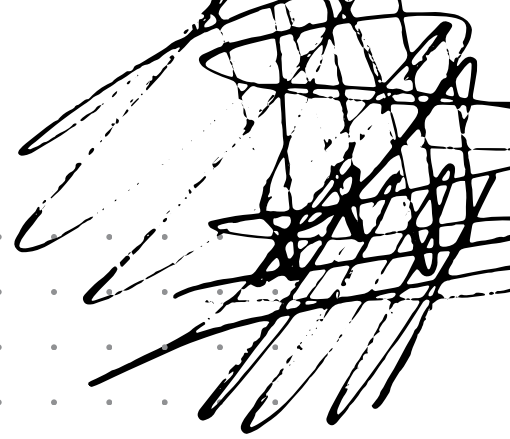
- Write down one small action you want to take this week – something that brings more joy or energy into your life.

Feeling extra motivated? Go for more!

- Also jot down one positive commitment you really want to lean into – but that needs more time.  
Set a target date and write it down!



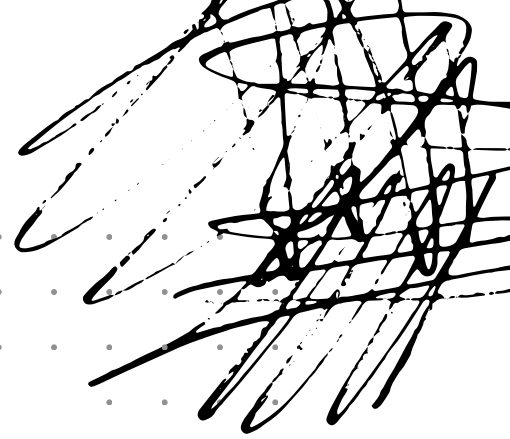
Week 4



Week 4



DAY 2



## Mini-Exercise

### Cutting the reds

Pick one of those red commitments from last week (day 5!) that could be solved with a quick win.

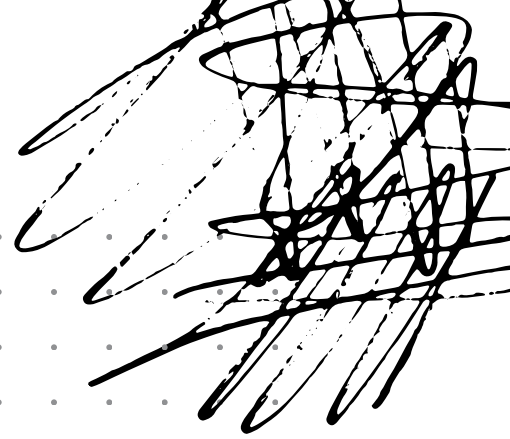
Take the first step today. Yes, you're allowed. Pinky promise.

Examples:

- Cancel something that no longer serves you – an app, a subscription, a newsletter ...
- Delegate a task you no longer want to do yourself.
- Say “no,” clearly and kindly, and explain what you no longer have space for.



Week 4

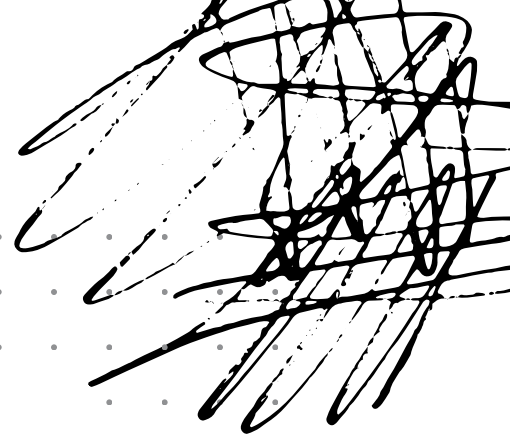




Week 4



DAY 3



## Mini-Exercise

### Solving the yellow puzzles (once and for all)

Flip back to day 6 of last week and take the next step toward clarity.

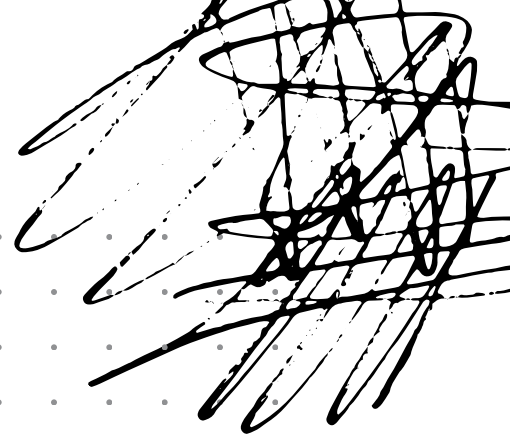
- Start a conversation with someone who can help you decide – or at least schedule it now. Note down what came out of it (or the appointment date).
- Do a bit of research to gain clarity. ChatGPT's always happy to help. ;-)
- Write your results here in the journal!
- If you've already written down other next steps – specify them today – with dates and such ....



Week 4



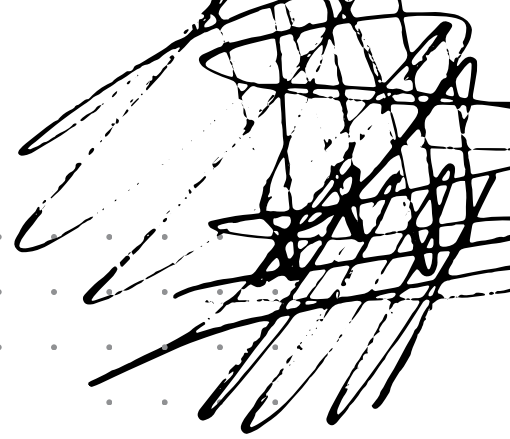
**DAY 3**



Week 4



DAY 4



## Mini-Exercise



### **Doubling down on the good stuff**

Did you list a green commitment on Day 1 that needs more time to bloom?

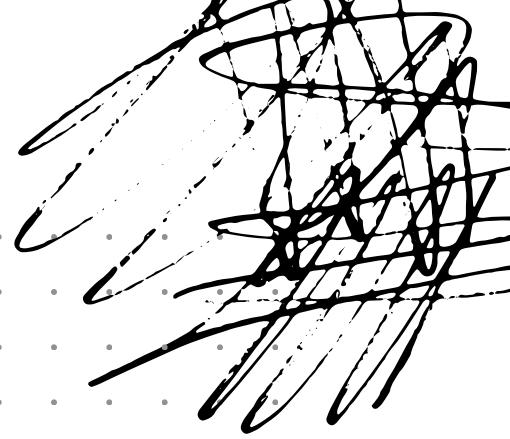
- Now's the moment to plan how you'll make it happen by your chosen deadline.  
Be as specific as possible.
- What about the little "goodie" you wanted to bring into your week? Already done?  
If not – maybe today's the day!



Week 4



**DAY 4**



Week 4



DAY 5

## (Mini)-Exercise



### Getting to grips with red foul players

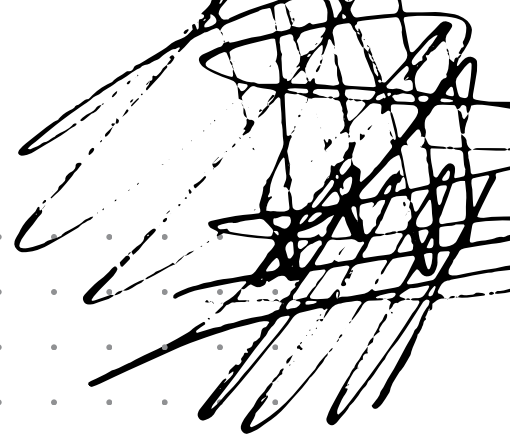
Time to face those tricky red obligations that won't go down so easily.

- Write down what needs to happen – even if it's hard. Set a deadline so procrastination doesn't win.
- Call or message a friend, relative, or someone you trust, and ask for help. Note what you agreed on here.
- Let someone know you're stepping back from a commitment – or ask to talk about it.
- Tough talks need planning and the right moment. Organize that today and jot it down here.

Week 4



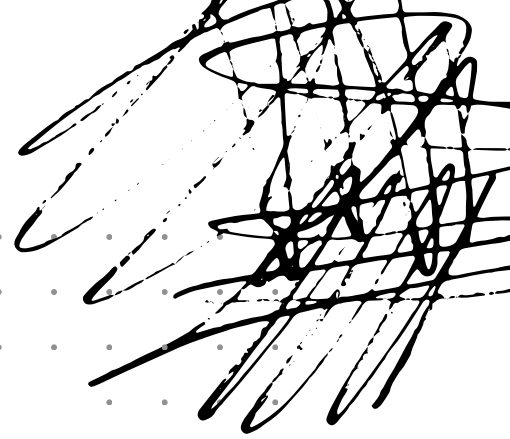
**DAY 5**



Week 4



DAY 6



## Mini-Exercise



### Sorting the wobbly yellows – what stays, what goes?

Revisit your notes from day 3.

Make a clear decision about each yellow commitment. No maybes!

Only by acting can you find out what truly fits you.

From now on, your decisions are your new rules of engagement.

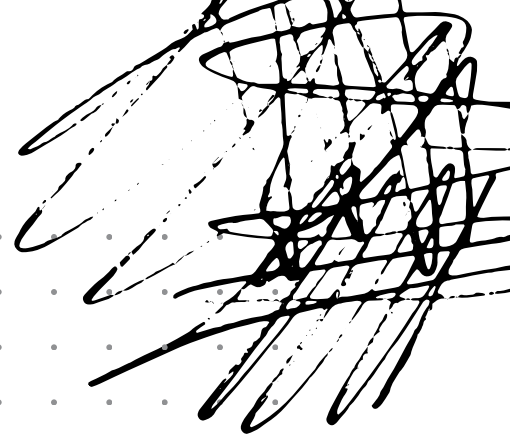
But don't worry: Set a date to review them – because yes, you're allowed to consciously change your mind later.



Week 4



**DAY 6**

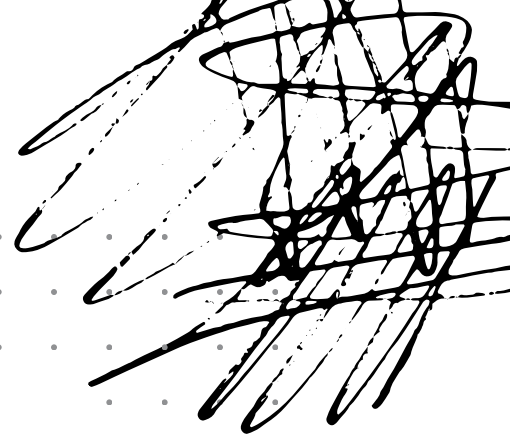




Week 4



DAY 7



## Mini-Exercise

### Reflection

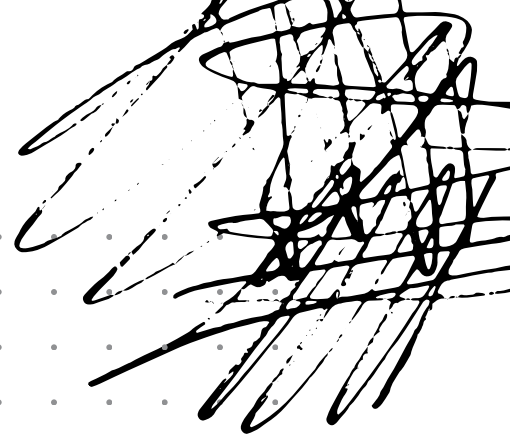
Look at the commitments you tackled over the past few days.

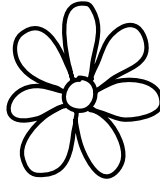
Take a moment to check in with yourself:

- Feeling any withdrawal symptoms or fear of letting go?
- Starting to notice the potential in all this decluttering?
- Can you already feel a little more space ... and a bit more lightness?



Week 4



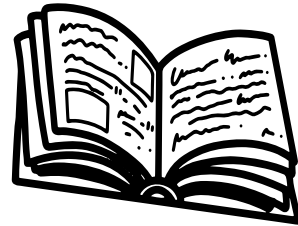


## Week 5 - Keeping the Balance:

---

### MISSION:

Polish it up, think long-term, and give yourself a fat high-five: You actually did this! Now it is all about making your new obligation setup future-proof.



### FOR INSPIRATION:

“He who fights can lose. He who doesn’t fight has already lost.” – Bertolt Brecht



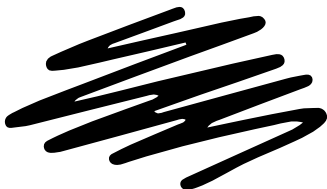
### Task of the week:

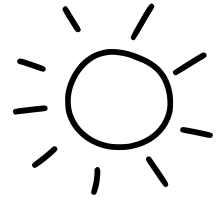
You’ve decluttered and optimized – now it’s time for the finishing touches:

The big final check-in!

How stable is your new balance – and how do you make sure all your progress doesn’t get lost in everyday chaos?

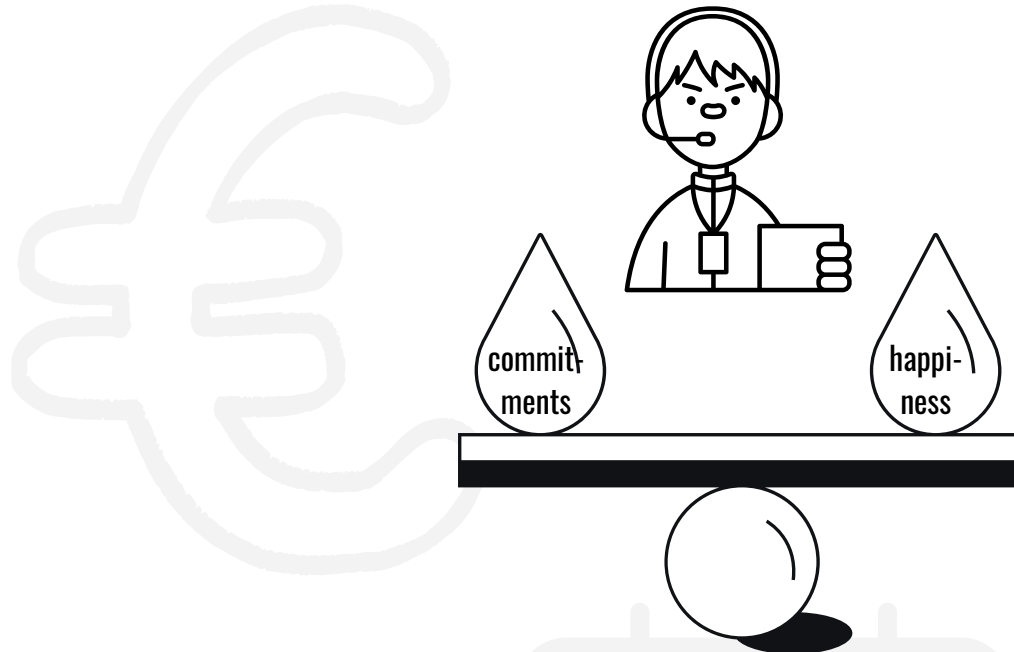
Let’s go: Week 5!





## Now Be Your Own Coach!

---



### Target of the week:

Take a full look at what you've accomplished and celebrate it.

Develop strategies to prevent falling back into old patterns, stabilize your new habits, and sketch out ideas for future upgrades.

And yep – do it with a grin on your face!



Week 5

# DAY 1

## Mini-Check-ins

Your regular check-up for your new life. Going forward, do a short review once a week – or at least once a month. It helps you stay on track. Ask yourself:

- How am I doing?
- How happy am I with my commitments at the moment?

Happy?	Greens	Reds	Yellows
    	    	    	    

- What actions do you take based on your ratings?
- Think of other questions you'd like to ask yourself.
- Consistency is key! Add a reminder to your calendar so you don't forget your check-ins.

Week 5



DAY 2



## Next goals

**The therapy does not end with the cure!**

You've taken the first big step. Now what?

Think of 3 goals you want to achieve in the next few weeks or months.

Make them specific, measurable, and realistic – no frustration traps allowed!



Week 5



DAY 3



## Future letter

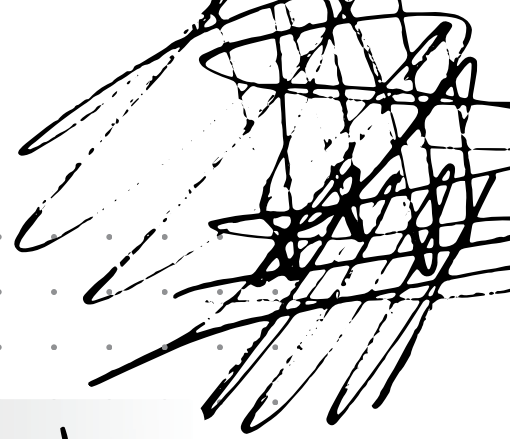
Write a short letter to your future self – 6 months from now. What do you hope to have achieved? What advice would you give yourself? Maybe throw in a few jokes while you're at it to make your future self laugh. Tip: be sure to save it and look at it in 6 months' time ;-)



Week 5



DAY 4



## Support network

Identify 2-3 people in your environment who can support you in your new lifestyle. How can you actively ask for this support? You might even ask them to check up on you so that you don't fall back into old patterns!





Week 5



DAY 5



## Not-To-Dos

### Bye-bye, old habits!

Write a Not-To-Do List with the things you're officially quitting—things that suck your time, money, or energy.

Need some inspo? How about:

- Feeling responsible for everyone and everything
- Doom-scrolling TikTok with zero return
- Spending on "nice-to-have" stuff instead of things that really matter
- Signing up for subscriptions you don't need



Week 5



DAY 6



## Rewards!

Create a personal reward system to help you stay motivated.

What keeps you going long-term?

- Toss saved money into a see-through piggy bank
- Put a flower in a vase for every solid “no” you say
- Whatever works for you – make it yours!



Week 5



DAY 7



## Your Mantra

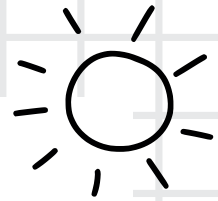
Create a personal mantra or motto that reminds and motivates you on your journey from junkie to master. Maybe something like:

“I am the master of my commitments – and not the other way around!”

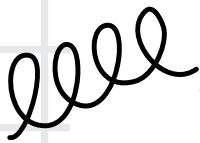
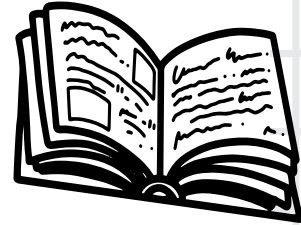




# THE END

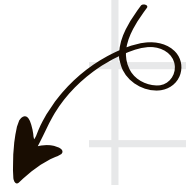


## Congrats!



You've spent five weeks reflecting, questioning, decluttering, and committing to change.

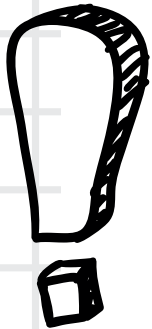
I truly hope you are seeing results and had some fun as well.



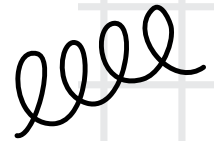
Not everything shifts overnight – and that's okay.

If you'd like support putting your ideas into action, feel free to reach out:

[ute.schmalhofer\(at\)klarheitswerk.de](mailto:ute.schmalhofer(at)klarheitswerk.de)



Did you enjoy the journal? By leaving a positive review, you would help me accompany even more people on their journey to a better quality of life.



Simply scan the QR code and you will receive my sincere thanks!

