



Module 1 | Fundamentals and Orientation

- 01. Welcome – Let's Get Started +
- 02. What to Expect in the Coming Weeks +

Module 2 | Cannabis Addiction

- 01. What Cannabis Addiction Really Means +
- 02. Why Addiction Feels Different for Everyone +
- 03. Reasons for Addiction +
- 04. How to overcome Addiction +

Module 3 | Preparation

- 01. Why Do You Actually Want to Quit? +
- 02. Important Preparation Tips +
- 03. The Endocannabinoid System (MUST WATCH) +
- 04. Why Your Environment Is Crucial Now +
- 05. Control Your Thoughts +
- 06. Recognizing Craving Patterns +

Module 4 | The Release-Phase

- 01. What to Expect During the First Few Days +
- 02. Why You Suddenly Have Energy +
- 03. Understanding Cravings Better +
- 04. When a Part of You Wants to Go Back +
- 05. Overview of the Most Common Detox Symptoms +
- 06. When You Feel Restless +
- 07. Sleep Problems During Withdrawal +
- 08. Understanding Intense Dreams +
- 09. Why You Are Suddenly Sweating +
- 10. Nutrition as a Vital Support +
- 11. Nutrient Deficiency as a Cause for Addiction +
- 12. How to Support Faster THC Elimination +

Module 5 | The Resilience-Phase

- 01. What Lies Ahead (Overview) +
- 02. When Everything Suppressed Suddenly Surfaces +
- 03. Overview of the Most Common Detox Symptoms +
- 04. Irritability and Bad Moods +
- 05. Why Loneliness and Anxiety Are Possible +
- 06. Overview of Emotions +
- 07. Why Do I Feel What I Feel? +
- 08. How Your Body Amplifies Your Feelings +
- 09. REFUEL Strategy (Core Solution 1) +
- 10. When It All Becomes Too Much +

Module 6 | The Clarity-Phase

- 01. Starting Real Change Now +
- 02. Why You Are So Hard on Yourself +
- 03. Stop Working Against Yourself +
- 04. Thoughts That Keep You Small +
- 05. Who Are You Without Cannabis? (Core Solution 2) +
- 06. 5 Areas of Life (Core Solution 2) +
- 07. This Is What Your Life Will Look Like +

Module 7 | Detox Symptoms

- 01. The 3 Strategies Against Detox Symptoms +

Body & Nervous System

- 02. Elevated Heart Rate +
- 03. Sweating +
- 04. Sleep +
- 05. Dreams +
- 06. Stomach Problems +
- 07. Headaches +
- 08. Dizziness +
- 09. Fatigue +
- 10. Sore Throat +
- 11. Changed Body Odor +
- 12. Eye Tension +
- 13. Muscle Twitching +
- 14. Sensory Sensitivity +
- 15. Loss of Appetit +
- 16. No Sexual Desire +

Mind & Emotions

- 17. Cravings +
- 18. Concentration Problems +
- 19. Brain Fog – Mental Cloudiness +
- 20. Inner Restlessness +
- 21. Irritability +
- 22. Stress +
- 23. Panic Attacks +
- 24. Anxiety +
- 25. Low Mood +
- 26. Mood Swings +
- 27. Loneliness +
- 28. Numbness +

Module 8 | Staying Cannabis-Free

- 01. Become Aware of Your Progress +
- 02. How to Build New Habits +
- 03. The Best Strategies to Stay Clean +
- 04. Clean, but Empty Inside (Physical Imbalance) +
- 05. Clean, but Unable to Relax (Nervous System/Trauma) +

Module 9 | Relapses

- 01. When Does a Relapse Really Begin? +
- 02. How to Stop a Relapse in Time +
- 03. What to Do If a Relapse Happens +
- 04. Turning a Relapse Into Progress +

Modul 10 | BONUS

- 01. The Deathbed Experiment +

Active Tool Explanations

- 03. Physiological Sigh for Acute Stress +
- 04. Box Breathing for Rapid Relief +
- 05. Jaw & Facial Relaxation +
- 06. Wallsit to Release Pressure +
- 07. Cold Therapy for Your Nervous System +
- 08. Heat Therapy to Wind Down +
- 09. Basic Meditation as a Central Method +
- 10. Body Scan Meditation as a Secret Weapon +
- 11. Wim Hof Breathing for Energy and Focus +

Support Tools Explanation

- 12. CBDs as Targeted Support +