

For Wellness Professionals

Helping your clients build focus, calm, and control — one short challenge at a time.

Overview

Abstinence is a pay-to-commit abstinence tracking system designed to help individuals regain self-control through short, meaningful challenges. Each challenge requires a small commitment fee, creating accountability and real-world follow-through.



"Discipline over dopamine."

A system built for those ready to take self-control seriously.

Why It Works

- ✓ Pay-to-commit — accountability and seriousness increase when there's a personal stake.
- ✓ Short, structured challenges — 2, 3, or 5 days for fast wins and reduced overwhelm.
- ✓ Dopamine reset — promotes balance, focus, and emotional regulation.
- ✓ Optional journaling & reflection — for therapeutic integration.
- ✓ Community support — available through Discord and the Abstinence web app.

How Professionals Use It

Many therapists, counselors, and wellness coaches recommend Abstinence to clients as a self-discipline companion tool. It complements behavioral therapy, addiction recovery, mindfulness, and productivity coaching.

You can simply refer clients to:

👉 [Abstinence.com](https://www.abstinence.com)

No registration or affiliate process required — just genuine professional recommendation.



Ethical Note

Abstinence is not a replacement for therapy or clinical treatment. It is a digital behavior-support tool to strengthen consistency and daily discipline alongside professional guidance.