

Module 1: Reframing Obsession

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 Tags	



Why This Matters

This module is grounded in research showing that obsessive energy, when reframed and channeled into passion and purpose, can be a powerful driver for recovery and entrepreneurial growth (Hari, Maté, Lewis, Vallerand).

[Theoretical Foundation: Obsessive Energy as Asset](#)

Module Objective

Transform participants' view of obsessive energy from a "problem" into a powerful asset for entrepreneurship and self-driven change.

Tribe Role: Silent Witnesses

Core rule: "You are never the only one carrying this — even when you don't speak."

This module establishes parallel experience without oversharing. Participants practice being seen without full exposure.

Learning Outcomes

By the end of this module, participants will:

- Recognize their own obsessive energy patterns
- Reframe obsession as "potential fuel" instead of just a liability
- Identify one area in their life where obsession could be redirected toward creation or growth

Module Structure

Time: ~120 minutes (adjustable for group size/context)

OpenEdX Course Structure

Unit 1: Welcome to Module 1 - Creating Sacred Space (10 min)

Video (3-5 min): Facilitator welcome message

▼ Script

"Welcome to Module 1. This is the only module where we focus on the old self. It'll still show up. We just won't worship it. This isn't about shame. It's about honoring what was, grieving it, and consciously choosing to let it go. This work is heavy and real, but you're not alone."

Reading: Community Guidelines & Confidentiality

- What we share in discussions stays private
- Respect for all stories and journeys
- No pressure to share—you can always "pass"
- **How to support each other online**

Discussion Forum Prompt:

"Introduce yourself to the cohort (use first name or pseudonym). Share only what feels comfortable: Where are you joining from? What brought you to Legacy Rising?"

▼ Unit 2: Eulogy for the Old Self - The Grief Work (30-45 min)



Stoplight Check-In: Regulate Before You Dive

Before you begin this unit, pause and check in with yourself. This is heavy grief work—honor where you are.

● GREEN: I'm present and grounded.

I can proceed with the full exercise as written.

● YELLOW: I'm activated, but I can manage.

Modify your approach:

- Write for 10-15 minutes instead of aiming for 300 words
- Record an audio or video message instead of writing
- Take 5-minute breaks between sections
- Do the exercise in multiple sittings

● RED: I'm flooded or overwhelmed.

Switch to grounding first:

- Do NOT proceed with the grief work yet
- Try: 5-4-3-2-1 grounding (name 5 things you see, 4 you hear, 3 you can touch, 2 you smell, 1 you taste)
- Try: Box breathing (4 counts in, 4 hold, 4 out, 4 hold—repeat 5 times)
- Minimum viable participation: Submit 3 bullet points instead of the full letter, OR record a 1-2 minute voice memo privately
- Postpone and return when regulated
- Message your facilitator if you need support

Remember: There is no shame in yellow or red. Regulation is part of the work.

Video (5-7 min): Why grief work matters

- Script: "This is the grief work. This is where you honor what was, feel the weight of it, and consciously choose to let it go. Some of you will cry during this exercise—that's the work. Take your time. You're safe here."

Facilitator framing: This is one of the most difficult but most crucial steps in the program. The intention is to **retire the role** that version of them played—the one that kept them surviving, but at a cost. Help them see that they're not killing who they are; they're honoring the parts that kept them alive, and releasing the patterns that no longer serve. This is about evolution, not elimination.

Reading: Understanding Grief as Transformation

- Why letting go is necessary for building forward

- The power of naming what was lost
- Examples from alumni stories

Written Assignment: Letter to Your Old Self

Write a letter to your old self—the version of you that was consumed by the obsession, the addiction, the destruction. Tell them what they were looking for. Tell them what it cost. Tell them goodbye.

TRIBE INTEGRATION: Participants do NOT share the full letter.

Key message: Show compassion to that old self. Thank the parts that kept you alive. And consciously choose to retire the role.

Guiding questions:

- What were you running from?
- What were you running toward?
- What did the obsession give you? (Energy, purpose, escape, identity?)
- What did it take from you? (Relationships, time, health, freedom, dignity?)
- If you could say anything to that version of you, what would it be?

Submission Instructions:

- This is private by default—you choose whether to share
- **Full participation:** Minimum 300 words (text, audio recording, or video)
- **Minimum viable participation (if you're in RED):** Submit 3 bullet points about what you're releasing, OR record a 1-2 minute voice memo privately
- Consider playing instrumental music while you write
- **Remember:** Completing this in any form is more important than perfection

Required Discussion Forum: One-Sentence Sharing

"Share ONLY one sentence: 'One pattern I'm done feeding is ...' No details. No backstory. Just the pattern."

This establishes:

- Parallel experience ("I'm not alone")
- Safety without exposure
- Tribe as silent witnesses

Response protocol: After reading others' posts, respond with: **"We see you. We honor your story."** Nothing more.

▼ Unit 3: Ritual of Release (15 min)



Stoplight Check-In: Regulate Before You Dive

Before you begin this ritual, check in with your nervous system.

GREEN: I'm present and grounded.

I can proceed with the ritual as written.

YELLOW: I'm activated, but I can manage.

Modify your approach:

- Choose a gentler ritual option (sealed envelope or shredding vs. fire)
- Do the ritual in shorter segments with breaks
- Have a grounding object nearby (stone, photo, something meaningful)
- Record your reflection as voice/video instead of writing

RED: I'm flooded or overwhelmed.

Switch to grounding first:

- Do NOT proceed with the ritual yet
- Try: Place both feet flat on the floor, press down, notice the ground holding you
- Try: Cold water on your face or hold ice in your hands
- Minimum viable participation: Write down 3 things you're ready to release. Fold the paper. Put it away. That counts.
- Postpone and return when regulated
- Message your facilitator if you need support

This work will be here when you're ready. Regulation first, ritual second.

Video (3-5 min): The power of physical release rituals

- Examples of release ceremonies across cultures
- Why symbolic acts help the brain process change

Activity Instructions:

Complete a physical act of letting go. **Choose one:**

1. **Fire ceremony** (if safe): Burn your letter or write key words on paper and burn them. Say aloud: "This is the past. I release it."
2. **Burial or water release:** Tear up your letter and bury the scraps in soil, or release into water (symbolically).
3. **Shredding:** Use a paper shredder-visceral, loud, final.

4. **Sealed envelope:** Seal your letter in an envelope. Store it in a safe place to be opened only at graduation (or never).

After your ritual, record a short video or audio (1-2 min) or write a reflection:

- What ritual did you choose?
- How did it feel in your body?
- What are you releasing?

Group Affirmation (say aloud or write down):

"We honor what was. We release what no longer serves. We choose to build."

Submission: Upload your reflection (text, audio, or video)

▼ Unit 4: Obsessed or Inspired? - Shifting the Energy (15 min)

Video (3 min): From grief to curiosity

- Script: "Now that we've honored the cost, let's explore the raw power of that obsessive energy. Obsession isn't always bad-sometimes it's the seed of genius, passion, and breakthroughs."

Discussion Forum Prompt:

"Share a time you became obsessed with something-good, bad, weird, or funny (e.g., video game, relationship, hustling, learning, project). What did it feel like? What was the upside? What was the downside?"

Respond to at least 2 others' posts. Look for patterns-what deeper drives show up in these stories?

Tribe reminder: You are witnessing each other's patterns. Notice similarities. You're not alone in this.

▼ Unit 5: Obsession Mapping Exercise (20 min)

Video (5 min): How to map your obsessive patterns

- Examples of obsession mapping
- What to look for: triggers, feelings, deeper needs

Written Assignment: Obsession Map

Journal about 2 instances obsession (or all-in energy) took over-positively and negatively.

Questions to explore:

- What drove it?
- What feeling or trigger started it?
- What need were you trying to meet?
- What pattern do you notice?

Use the Obsession-to-Fuel Worksheet (see Add-Ons section below)

Submission: Complete the worksheet and submit (300+ word reflection)

▼ Unit 6: Fire Inventory - Assessing Your Passion (25 min)

Reading: Harmonious vs. Obsessive Passion (Vallerand)

- The difference between flexible passion and rigid obsession
- How to identify each in your life

Assessment: Legacy Rising Passion Profile

Take the **Legacy Rising Passion Profile** (12 questions, aligned to Vallerand framework)

Note: This assessment is inspired by Vallerand's research but created specifically for Legacy Rising. If you want to use the official Passion Scale by Dr. Vallerand, contact his lab for licensing. For our program, we use our own framework-aligned version to avoid licensing constraints.

- Auto-graded with instant feedback
- Results show your harmonious vs. obsessive passion scores

Actionable Output: Your Top 2 Redirection Rules

Based on your results, you'll receive personalized guidance:

- **If high harmonious passion:** Your top 2 rules for channeling flexible passion into sustainable ventures
- **If high obsessive passion:** Your top 2 rules for redirecting rigid intensity without burnout
- **If balanced:** Your top 2 rules for leveraging both modes strategically

Reflection Assignment:

- What shows up as harmonious passion in your results?
- What's obsessive?
- How does each feel in your body and daily life?
- What does this tell you about how to redirect your energy?
- **Which of your top 2 redirection rules resonates most? How will you apply it this week?**

Submission: 200+ word reflection on your results

▼ Unit 7: Redirect Workshop - From Obsession to Fuel (35 min)

Video Case Studies (10-12 min): Entrepreneurs who channeled obsession

And what that means

- Sara Blakely (Spanx): Problem-solving obsession

- Examples of alumni who redirected destructive patterns into businesses
- The common thread: raw energy + new direction = breakthrough

Reading: How to Redirect Obsessive Energy

- Practical frameworks for channeling intensity
- Warning signs vs. productive drive

Written Assignment: Redirect Plan

Pick one obsessive pattern from your life (e.g., hustle for money, controlling relationships, compulsive creativity, perfectionism) and brainstorm how that energy could be redirected toward a business, project, or creation.

IMPORTANT: Your redirect idea must be:

- **Doable in 7 days** (no multi-month fantasy projects)
- **Costs \$0-\$20** (resourcefulness over capital)
- **Requires < 2 hours of daily time** (sustainable, not burnout fuel)
- **Produces one observable output** (post, prototype, outreach message, sketch, listing, etc.)

This keeps your redirect real, entrepreneurial, and measurable—not motivational fluff.

Answer these questions:

- What obsessive pattern am I choosing to redirect?
- What positive project, business, or creation could use that same energy?
- **Does my redirect meet all 4 constraints above?** (If not, scale it down)
- What observable output will I create?
- What's one small experiment I can start tomorrow?

CRITICAL: Complete the Replacement Adequacy Test



Replacement Adequacy Test

Your redirect is only real if the new payoff is actually competitive with the old one.
Answer these questions honestly:

1. **What exact payoff did the old pattern give you?** (Check all that apply and rate each 1-10)
 - **Control:** Did it make you feel in charge, stable, or like you had power?
 - **Intensity:** Did it provide adrenaline, excitement, or aliveness?
 - **Escape:** Did it numb pain, avoid feelings, or provide relief?
 - **Status:** Did it make you feel important, seen, or validated?
 - **Connection:** Did it substitute for intimacy or belonging?
 - **Identity:** Did it tell you who you were?
 - **Other:** (Name it and rate it)
2. **Where is that same payoff coming from in your redirect?** (Be specific)
 - Example: "The old pattern gave me intensity (9/10). My redirect gives me intensity through tight deadlines and creative problem-solving."
3. **On a 1-10 scale, is the new payoff actually competitive with the old one?**
 - Old pattern payoff: ____/10
 - New redirect payoff: ____/10

THE RULE: If your redirect scores <7 compared to the old pattern, the redirect is cosmetic, not real.

What this means:

- **7-10:** Your redirect is competitive. The new path can actually satisfy the need.
- **4-6:** Your redirect is weak. You'll revert to the old pattern under stress.
- **1-3:** Your redirect is fantasy. You're not addressing the real need.

If your score is <7, you have two choices:

1. **Redesign your redirect** to deliver a competitive payoff
2. **Pick a different pattern to redirect** (one where you can create a real replacement)

This isn't motivational. This is engineering. The redirect must actually work.

Use the Obsession-to-Fuel Worksheet (see Add-Ons)

Submission: Complete worksheet + 300+ word reflection

Discussion Forum:

"Share your redirect idea with the cohort—make sure it meets the 4 constraints (7 days, \$0-\$20, < 2 hrs/day, observable output). Offer feedback to at least 2 others: Does their idea meet the constraints? If not, help them scale it down to something real."

▼ Unit 8: Module 1 Assessment & Commitment

Quiz: Module 1 Knowledge Check (10 questions)

- Multiple choice and short answer
- Questions on harmonious vs. obsessive passion, grief work, redirection strategies
- Must score 80% to pass (unlimited attempts)

▼ Final Assignment: Weekly Commitment

Post to the discussion forum:

- One area where you'll experiment with redirecting obsession this week
- What support do you need?
- What could get in your way?
- Who in the cohort could help you stay accountable?

Respond to at least 2 others with specific offers of support or accountability

Certificate of Completion: Unlocked when all assignments submitted and quiz passed

Module Reflection

Final Reflection Prompt (optional but encouraged):

"How did your view of obsession shift during this module? What's your biggest takeaway? What surprised you?"

Post in the discussion forum or submit privately.

Module 1 Outcomes & Measurable Shifts

For grant reporting and program evaluation, Module 1 tracks three key metrics:

1. Redirect Plan Completion Rate

- **Metric:** % of participants who complete a redirect plan meeting all 4 constraints
- **Target:** 75%+ completion rate
- **Data source:** Unit 7 assignment submission
- **Why it matters:** Demonstrates ability to channel obsessive energy into actionable, entrepreneurial direction

2. Shift in Obsession Framing (Pre/Post)

- **Metric:** Change in how participants describe obsessive energy (shame-based → asset-based language)
- **Measurement:** Pre-module survey vs. post-module reflection analysis
- **Target:** 70%+ shift from deficit language to strength/fuel language
- **Data source:** Unit 1 language inventory vs. final module reflection
- **Why it matters:** Shows cognitive reframe from "obsession as problem" to "obsession as raw material"

3. Passion Profile Distribution

- **Metric:** Distribution of harmonious vs. obsessive passion scores across cohort
- **Measurement:** Legacy Rising Passion Profile results (Unit 6)
- **Target:** 80%+ participants understand their passion type and receive personalized redirection rules
- **Data source:** Passion Profile assessment results
- **Why it matters:** Provides baseline for understanding participant energy patterns and informs personalized intervention strategies

Impact statement for funders:

"By the end of Module 1, participants demonstrate measurable shifts in how they conceptualize and redirect obsessive energy—from destructive patterns to entrepreneurial fuel—with concrete action plans that meet real-world constraints."

OpenEdX Implementation Notes (For Course Designers)

Video Production:

- Unit 1: Welcome/Sacred Space (3-5 min)
- Unit 2: Why Grief Work Matters (5-7 min)
- Unit 3: Release Rituals (3-5 min)
- Unit 4: Grief to Curiosity (3 min)
- Unit 5: Obsession Mapping Tutorial (5 min)
- Unit 7: Case Studies (10-12 min)
- **Total:** ~30-40 min of video content

Discussion Moderation:

- Monitor forums daily for shame-based language; redirect to builder language
- Seed forums with alumni examples if participation is slow

- Normalize "passing" on vulnerable shares

Technical Setup:

- Passion Scale quiz: Use OpenEdX native assessment or embed external tool (Typeform, Google Forms)
 - Video submissions: Use OpenEdX file upload or integrate Flipgrid/Loom
 - Worksheets: PDF downloads with fillable forms
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Research Citations (For Slides/Docs)

- Vallerand, R. J. (2015). *The Psychology of Passion*.
 - Lewis, M. (2015). *The Biology of Desire*.
 - Hari, J. (2015). *Chasing the Scream*.
 - Maté, G. (2008). *In the Realm of Hungry Ghosts*.
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▼ Add-Ons: Activation & Engagement

1. Pre-Module Anonymous Survey (Digital or Paper)

- **Purpose:** Break the ice and collect raw, honest data.
 - **Sample Questions:**
 - "What do you get obsessed with? (Anything—hobbies, relationships, work, etc.)"
 - "Have you ever wished you could *turn off* an obsession? Or turn it into something productive?"
 - "What's one thing you secretly wish you could go all-in on?"
 - **How to Use:** Summarize anonymous trends before the session to normalize "obsession" as universal—not just a recovery thing.
 - **Optional Reading/Media Prompts**
 - **Short Bios or Stories:**
 - *Sara Blakely*: How obsession with problem-solving led to Spanx.
 - *Elon Musk*: Known for obsessive work sprints (even if polarizing).
 - *Artists/Musicians*: E.g., Kanye West, Lady Gaga, Basquiat—when "too much" energy makes art.
 - **Pull Quotes:** Use provocative quotes about obsession from entrepreneurs or creators.
 - **How to Use:** Share a story or quote at the start of each session to anchor the "fire as fuel" theme.
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▼ 3. Peer Mentor Drop-In

- **Purpose:** Bring in a program alum or community “builder” to give a 10-minute “How I Redirected My Obsession” talk.
 - **Prompt:** Ask them, “What used to eat you alive, and how did you make it work for you?”
 - **How to Use:** Use for credibility, relatability, and to model builder language in the real world.

▼ 4. Energy Burn Rate Worksheet - From Destruction to Fuel

Framework: Think like an entrepreneur about your energy.

In business, “burn rate” is how fast you spend cash. Here, it’s how fast you burn energy—and what return you’re getting.

The Formula:

- **High Burn / Low Return** = Addiction / Destruction (you’re going broke)
- **High Burn / High Return** = Fuel for the Venture (you’re investing wisely)
- **Low Burn / Low Return** = Stagnation (you’re not in the game)
- **Low Burn / High Return** = Sustainable Flow (the goal state)

Energy ROI Calculator:

Obsession / Pattern	Energy Burn Rate (Low/Med/High)	Return on Investment (What did you gain?)	ROI Score (Low/Med/High)	Category	Redirect Strategy
<i>Example: Substance use</i>	High (consumed all time, money, focus)	Escape, temporary relief, numbness	Low (no lasting value)	DESTRUCTIVE (High Burn / Low Return)	→ Channel intensity into creative project with deadlines
<i>Example: Learning to code</i>	High (12-hour days, sacrificed sleep)	New skill, career pivot, income boost	High (tangible gains)	FUEL (High Burn / High Return)	→ Keep going, but add recovery practices to sustain
<i>Example: Scrolling social media</i>	Medium (2-3 hrs/day)	Distraction, some connection, wasted time	Low (minimal gains)	LEAK (Med Burn / Low Return)	→ Set 30-min limit, redirect to content creation instead
<i>Your pattern:</i>					
<i>Your pattern:</i>					
<i>Your pattern:</i>					

Key Questions for Each Pattern:

1. **Burn Rate:** How much energy (time, money, focus, emotional capacity) does this consume?

2. **Return:** What am I actually getting? (Be brutally honest—escape counts, but so does skill-building.)
3. **ROI Score:** Is the return worth the burn?
4. **Category:** Destructive, Fuel, Leak, or Flow?
5. **Redirect Strategy:** How could I get a better ROI with the same (or less) energy?

Why This Works:

- **Firestarters** recognize themselves in "High Burn"—this validates their intensity while showing a path to channel it
- **Mavericks** relate to "ROI" and strategic thinking—they want to optimize, not just "be positive"
- **Business language** removes shame: You're not "broken," you're just getting a bad return on your energy investment
- **How to Use:** Fill out during "Obsession Mapping" (Unit 5) and "Redirect Workshop" (Unit 7). Revisit at program milestones to track ROI improvements.

▼ 5. Weekly "Fire Check"

- **Follow-Up Activity:**
 - Text/email poll or Notion check-in: "How did you use your obsession this week? What got in your way?"
 - Share anonymous wins or blocks in the next session.
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  Exercise: Eulogy for the Old Self

  Exercise: Obsession Mapping

  Exercise: Passion Scale & Fire Inventory

LEGACY RISING™ Module 1 – Reframing Obsession: From Liability to Fuel™