

Unit 2: Eulogy for the Old Self - The Grief Work

⋮ Components	<div>Discussion Forum</div> <div>Reading</div> <div>Video</div> <div>Written Assignment</div>
≡ Duration	30-45 min
≡ Notes	Includes Stoplight Check-In, Letter to Old Self assignment (300+ words), one-sentence sharing forum
☑ SOU Evidence	<input checked="" type="checkbox"/>
🕒 Section	Module 1
⚙ Status	Not Started
≡ Subsection	Grief Work

Overview

Duration: 30-45 minutes

Components: Video, Reading, Written Assignment, Discussion Forum


This unit confronts the grief work required to release the old self and make space for the builder identity.


Learning Objectives

- Recognize obsession as a response to unprocessed loss
- Identify what has been lost beneath the compulsive behavior
- Understand grief as a necessary portal to change

Stoplight Check-In

Before beginning this unit, check in with your nervous system:

 **Green** - I feel calm, grounded, ready

 **Yellow** - I feel some activation, but manageable

 **Red** - I feel overwhelmed, unsafe, or shut down

If you're in red, pause. This work will be here when you're ready.

Video Content

Why Letting Go is Necessary

- Obsession as a relationship that requires grief to end
 - The hidden losses beneath compulsive patterns
 - Grief as the bridge to transformation
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Reading: Understanding Grief as Transformation

Here's an uncomfortable truth: to release obsession, we must grieve what the obsession gave us. This sounds counterintuitive. Why would we grieve something that caused harm?

Because obsession, at its core, is a relationship. And ending any relationship—even a destructive one—requires grief.

Dr. Gabor Maté writes in *In the Realm of Hungry Ghosts*: "The question is never 'Why the addiction?' but 'Why the pain?'" To extend this: the question beneath that is often "What was lost that made the pain unbearable?"

The Hidden Losses Beneath Obsession

When we examine obsessive patterns, we often find layers of loss:

- **Loss of safety** (childhood trauma, unpredictability, abandonment)
- **Loss of connection** (isolation, rejection, betrayal)
- **Loss of purpose** (dreams deferred, potential unrealized)
- **Loss of identity** (who we were before the obsession took over)

- **Loss of time** (years consumed by the pattern)
- **Loss of trust** (in ourselves, in others, in life itself)

As Marc Lewis explains in *The Biology of Desire*, addiction and obsession create neural pathways that become highways in the brain. These patterns served a purpose: they helped us cope, escape, or survive. Letting them go means finding new ways to meet those needs—and grieving the familiar comfort of the old ways, even when they hurt us.

The Power of Naming What Was Lost

Johann Hari's research in *Lost Connections* identifies nine causes of depression and anxiety, most rooted in disconnection. When we name our losses specifically, we begin to understand what our obsession was trying to fill:

- "I lost my sense of belonging when my family rejected me"
- "I lost my belief that I deserved good things"
- "I lost the ability to feel anything without external stimulation"
- "I lost years of my life to this pattern"

Naming creates clarity. Clarity creates choice.

Written Assignment: Letter to Your Old Self

Write a letter to the version of yourself that carried the obsession. This is your eulogy for the old self.

Guidelines:

- Minimum 300 words
- Address the old self directly ("Dear [name/version]...")
- Name what this version of you was trying to protect or provide
- Acknowledge what you're grieving in letting this identity go
- End with one sentence of release

Submission: Upload your letter as a written document or audio recording.

Discussion Forum

Prompt: *"In one sentence, what are you grieving as you release the old self?"*

Instructions: Share your sentence. Witness at least 2 others without trying to fix or comfort—just say "I see you" or "I hear you."