

Unit 6: Fire Inventory - Assessing Your Passion

≡ Components	Assessment/Quiz Reading Written Assignment
≡ Duration	25 min
≡ Notes	Legacy Rising Passion Profile (12 questions), Vallerand framework reading, Top 2 Redirection Rules output, 200+ word reflection
✓ SOU Evidence	✓
⌚ Section	Module 1
⌘ Status	Not Started
≡ Subsection	Reframing Obsession

Overview

Duration: 25 minutes

Components: Reading, Assessment/Quiz, Written Assignment

This unit uses Vallerand's Dualistic Model of Passion to help participants assess whether their obsessive energy is harmonious (flexible, life-giving) or obsessive (rigid, life-draining).

Learning Objectives

- Understand Vallerand's Dualistic Model of Passion
- Identify markers of harmonious vs. obsessive passion in your own life
- Learn why flexible passion leads to wellbeing while rigid obsession leads to suffering

Reading: Harmonious vs. Obsessive Passion

Dr. Robert Vallerand's research revolutionized our understanding of passion by identifying two fundamentally different types:

Harmonious Passion

- **Autonomous internalization:** The activity is freely chosen and aligned with personal values
- **Flexible engagement:** The person can disengage when needed without distress
- **Identity integration:** The activity is part of who they are, but not all of who they are
- **Positive affect:** Engagement brings joy, flow, and vitality
- **Healthy outcomes:** Enhances wellbeing, relationships, and performance

Obsessive Passion

- **Controlled internalization:** The activity is driven by external pressures, ego, or uncontrollable urges
- **Rigid engagement:** The person feels compelled to engage, even at personal cost
- **Identity consumption:** The activity defines them completely
- **Conflicted affect:** Engagement brings temporary relief but also guilt, shame, or anxiety
- **Negative outcomes:** Damages wellbeing, relationships, and sustainable performance

The Key Distinction: Autonomy vs. Control

The critical difference isn't *how much* you care about something, but *how you relate to it*:

- **Harmonious:** "I love this and choose to prioritize it" → Flexibility, integration, joy

- **Obsessive:** "I need this to feel okay/worthy/complete" → Rigidity, desperation, suffering
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Assessment: Legacy Rising Passion Profile

Take this 12-question assessment to identify your passion type.

Instructions: For each statement, rate how true it is for you regarding your primary obsession/passion:

1 = Not true at all

5 = Completely true

Harmonious Passion Items

1. This activity is in harmony with other things in my life
2. I choose to engage with this activity freely
3. I can take breaks from this activity without feeling anxious
4. This activity reflects the qualities I like about myself
5. This activity energizes other areas of my life
6. I feel in control of when and how I engage with this activity

Obsessive Passion Items

1. I feel compelled to engage in this activity even when I don't want to
2. I have difficulty controlling my urge to engage in this activity
3. I feel guilty or anxious when I can't engage in this activity
4. This activity conflicts with other important areas of my life
5. I engage in this activity to avoid uncomfortable feelings
6. My mood depends entirely on how this activity is going

Scoring:

- **Harmonious Score:** Add items 1-6
- **Obsessive Score:** Add items 7-12

Interpretation:

- If Harmonious > Obsessive: Your passion is more flexible and sustainable
 - If Obsessive > Harmonious: Your passion may be controlling you rather than serving you
 - If scores are close: You're in a mixed state—some healthy elements, some rigid patterns
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Written Assignment: Your Top 2 Redirection Rules

Based on your Passion Profile results, identify the two most important rules for redirecting your obsessive passion toward harmonious passion.

Example Redirection Rules:

- "When I feel the compulsion rising, I pause for 5 minutes before acting"
- "I set a time limit for engaging with this passion (2 hours max per day)"
- "I check in with my body—if I feel tense, I step away"
- "I diversify my time—no single passion gets more than 50% of my energy"
- "I practice saying 'not right now' to see if the world ends (it won't)"

Write 200+ words:

1. Your top 2 redirection rules
 2. Why these rules matter for your specific pattern
 3. One way you'll practice these rules this week
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Submission

Upload:

1. Your Passion Profile scores (Harmonious and Obsessive)
2. Your Top 2 Redirection Rules reflection (200+ words)