



🔥 Exercise: Obsession Mapping

👤 Owner	A Ashley Zeck
🏷 Tags	

Map your obsessions across your life to spot patterns, triggers, and the underlying needs you were trying to meet.

Purpose

Help participants see their obsessive patterns as *data*, not failure. Identify what drives obsession so it can be redirected.

Time

20 minutes total

- Solo journaling: 10 min
 - Small group share: 10 min
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Materials Needed

- Workbook page or large paper with timeline template
 - Markers or pens
 - Sticky notes (optional for group patterns)
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Activity Instructions

Part 1: Individual Timeline (10 min)

Prompt:

"Map your obsessions across your life. What have you been obsessed with at different ages?"

Timeline structure:

- Ages 0-10
- Ages 11-18
- Ages 19-25
- Ages 26+ (or current age)

What counts as obsession:

- Substances (alcohol, drugs, food, etc.)
- Behaviors (work, exercise, gaming, sex, shopping, cleaning)
- People (relationships, codependency, caretaking)
- Ideas (perfectionism, control, achievement, revenge)

Reflection questions (answer for each obsession):

- What need was this meeting? (Escape, energy, purpose, belonging, control, meaning?)
- What triggered it?
- How did it serve you?
- What did it cost you?

Part 2: Small Group Pattern Recognition (10 min)

Instructions:

"Get into groups of 3-4. Share your timeline—as much or as little as you want.

As you listen to each other, look for patterns:

- Do your obsessions serve a similar purpose? (All about escape? Control? Energy?)
- Do they follow similar triggers? (Stress, boredom, loneliness, trauma?)
- Do they escalate over time, or do they shift forms?

The goal: Figure out what you're *really* looking for underneath the obsession."

Group discussion prompts:

- "What pattern do you notice in your own timeline?"
 - "What would it look like to meet that need in a healthier way?"
 - "If you could obsess about something that *builds* you up, what would it be?"
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Facilitator Tips

- Normalize having multiple obsessions or switching between them—that's common
 - Help them see obsession as *energy seeking an outlet*, not moral failure
 - Watch for participants who have trouble identifying obsessions—broaden the definition ("What takes over your brain when you're stressed?")
 - Celebrate insights, not just "clean" timelines
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Follow-Up Activity

Have participants use the **Obsession-to-Fuel Worksheet** (see Module 1 Add-Ons) to plan their first redirect experiment.

Sample Timeline (facilitator can share)

Ages 0-10: Obsessed with perfect grades (control, approval)

Ages 11-18: Obsessed with romantic relationships (escape loneliness)

Ages 19-25: Obsessed with alcohol and partying (numb anxiety, feel alive)

Ages 26+: Obsessed with work and achievement (prove I'm not broken)

Pattern: All about proving I'm enough + numbing fear of not being enough.

Redirect opportunity: Channel that energy into building something I'm proud of—business, art, mentorship.