

Module 1: Reframing Obsession

Course Units	<u>Untitled, Unit 1: Welcome to Module 1 - Creating Sacred Space</u> , <u>Unit 2: Eulogy for the Old Self - The Grief Work</u> , <u>Unit 3: Ritual of Release</u> , <u>Unit 4: Obsessed or Inspired? - Shifting the Energy</u> , <u>Unit 5: Obsession Mapping Exercise</u> , <u>Unit 6: Fire Inventory - Assessing Your Passion</u> , <u>Unit 7: Redirect Workshop - From Obsession to Fuel</u> , <u>Unit 8: Module 1 Assessment & Commitment</u>
Description	Release the old story. Participants confront shame scripts, grieve old identities, and reframe obsession as fuel rather than failure. Introduces Silent Witness Tribe role and Stoplight Check-In for regulation.
# Duration (min)	240
# Module Number	1
Status	Not Started

Objective

Transform obsessive patterns into creative fire, sustainable power, and deeper truth.

Overview

This module reframes "obsessive" tendencies as a form of life force. Instead of pathologizing obsession, we learn to **direct it consciously**.

- Tap into obsession's *origin* and unmet need
- Use creative rituals to release obsession's grip
- Write the *eulogy* for the identity you're ready to leave behind



Exercises (Linked View – Filter: Module 1)



Reflections



Example Prompt:

"Where has obsession served me? Where has it cost me?"

"What part of me am I ready to release?"



Submissions



Resources

- 🔥 Obsession Mapping Worksheet
- 🙏 Eulogy for the Old Self
- 📝 Passion Scale & Fire Inventory



Embed links or files here.