









Unit 7: Redirect Workshop - From Obsession to Fuel

 Components	<div>Case Study</div> <div>Discussion Forum</div> <div>Reading</div> <div>Video</div> <div>Worksheet</div> <div>Written Assignment</div>
 Duration	35 min
 Notes	Case studies (10-12 min video), Redirect Plan with 4 constraints (7 days, \$0-20, <2 hrs/day, observable output), Replacement Adequacy Test, Obsession-to-Fuel Worksheet, forum feedback
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 Section	Module 1
 Status	Not Started
 Subsection	Redirection

Overview

Duration: 45-60 minutes

Components: Video, Reading, Written Assignment, Worksheet, Discussion Forum, Case Study

This is the core application unit where participants create a concrete 7-day plan to redirect obsessive energy into productive, sustainable action.

Learning Objectives

- Learn practical frameworks for redirecting obsessive energy
- Create a 7-day redirect plan with specific constraints
- Apply the Replacement Adequacy Test to your plan

Video Content: Case Studies (10-12 min)

3 Redirect Stories:

1. **From romantic obsession to community building** - How one participant redirected stalking energy into organizing neighborhood events
 2. **From substance to creation** - Redirecting the need for stimulation into art and music production
 3. **From work addiction to purposeful productivity** - Breaking the hustle cycle while still building a business
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Reading: Framework for Redirection

The Redirect, Don't Suppress Approach

Based on Lewis's neuroplasticity research, attempting to simply stop an obsession often backfires. Instead:

1. **Acknowledge the energy:** "I notice I have intense focus and drive"
2. **Identify the need:** "This obsession has been trying to help me feel [safe/worthy/connected/in control]"
3. **Honor the capacity:** "I have remarkable ability to commit and focus"
4. **Choose consciously:** "I can direct this energy toward [new target aligned with values]"

The Four Constraints (Non-Negotiable)

Your redirect plan must include these constraints to prove it's sustainable:

1. **7-day timeline:** Must be testable in one week
 2. **\$0-20 budget:** Cannot rely on spending money
 3. **<2 hours per day:** Must fit into a real life
 4. **Observable output:** Must produce something visible (photo, document, video, object, event attendance, etc.)
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Worksheet: 7-Day Redirect Plan

Part 1: Current Obsession Analysis

What I'm obsessing about:

What it's giving me (the need):

What it's costing me:

Part 2: Redirect Target

New focus for my energy:

How it meets the same need:

Why this is more sustainable:

Part 3: The 7-Day Plan

For each day, answer:

- **What I'll do:** (specific action)
- **Time:** (how long, when)
- **Observable output:** (what evidence will exist)

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Part 4: Replacement Adequacy Test

Answer these questions:

- ✓ **Does this redirect meet the underlying need?**
- ✓ **Can I do this for 7 days without burning out?**

- ✓ **Will this produce visible evidence of my energy shift?**
- ✓ **Does this align with my values and builder identity?**

If you answer "no" to any question, revise your plan.

Written Assignment: Redirect Commitment

Write 400+ words:

1. What obsession are you redirecting?
 2. What need has it been meeting?
 3. Describe your 7-day redirect plan
 4. What support do you need to follow through?
 5. How will you know if this redirect is working?
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Discussion Forum

Prompt: *"Share your redirect plan for peer feedback. What are you redirecting from and to? What's your Day 1 action?"*

Instructions:

- Post your plan
 - Give feedback to at least 2 others using this format:
 - "I notice [pattern]..."
 - "Have you considered [alternative]..."
 - "What you're doing well: [specific strength]"
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Submission

Upload:

1. Completed 7-Day Redirect Plan worksheet
2. 400+ word Redirect Commitment reflection

3. Post your plan in the discussion forum