



Exercise: Passion Scale & Fire Inventory

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Tags	

Assess your passion using Vallerand's framework: Harmonious vs. Obsessive Passion.

Purpose

Help participants distinguish between passion that energizes them (harmonious) and passion that controls them (obsessive), so they can learn to redirect obsessive energy.

Time

15 minutes

Materials Needed

- Passion Scale handout or workbook page
 - Pens
 - Optional: Scoring guide
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The Passion Scale (Simplified)

Instructions:

"Think about something you're passionate about right now—a hobby, a goal, a project, a relationship, your business idea, or even something from your past (like a substance, a habit, or a hustle).

For each statement below, rate how much you agree:

1 = Not at all

2 = A little

3 = Moderately

4 = A lot

5 = Completely"

Harmonious Passion Items

1. This passion is in harmony with other things in my life.
2. I can take breaks from this passion when I need to.
3. This passion gives me energy and joy.
4. I feel in control of this passion.
5. This passion helps me grow as a person.
6. I can walk away from this passion if it stops serving me.

Score: _ / 30

Obsessive Passion Items

1. I can't stop thinking about this passion, even when I should focus on other things.
2. This passion makes me neglect other important areas of my life.
3. I feel anxious or irritable when I can't pursue this passion.
4. This passion controls me more than I control it.
5. I feel like I *have* to do this, even when it hurts me.
6. I can't imagine who I'd be without this passion.

Score: _ / 30

Scoring & Interpretation

Harmonious Passion score > Obsessive Passion score:

You're in a good place—this passion is fuel, not fire. Keep going.

Obsessive Passion score > Harmonious Passion score:

This passion might be running you. Time to explore: What need is it meeting? How can you redirect some of that energy into something that builds you up?

Both scores high:

You're all-in, which can be powerful—but watch for burnout. Build in rest and boundaries.

Both scores low:

You might be going through the motions. What would it feel like to go all-in on something you actually care about?

Group Discussion (10 min)

Prompts:

- "What showed up as harmonious passion for you? How does that feel in your body?"
 - "What showed up as obsessive? How does *that* feel?"
 - "Can you think of a time when something shifted from harmonious to obsessive (or vice versa)? What changed?"
 - "What's one obsessive passion you want to redirect?"
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Facilitator Tips

- Emphasize: Obsessive passion isn't "bad"—it's just intense and can become destructive if not channeled

- Share examples: Athletes, artists, entrepreneurs often have obsessive passion —the key is structure and support
 - Connect to Module 1 grief work: The passion they're grieving may have been obsessive; now they get to choose how to rebuild
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Citation

Vallerand, R. J., Blanchard, C., Mageau, G. A., et al. (2003). "Les passions de l'âme: On obsessive and harmonious passion." *Journal of Personality and Social Psychology*, 85(4), 756–767.