

Unit 4: Discussion on Obsession

⌚ Module	Module 1: Reframing Obsession
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Unit 4: Discussion on Obsession

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Unit Overview

You've learned about grief, about letting go of the old target, and about the difference between obsessive and harmonious passion.

Now it's time to process this with your tribe.

This discussion forum is where you share your reflections, ask questions, and witness each other's process of reframing obsession.

Learning Objectives

By participating in this discussion, you will:

1. Share your own experience of obsession and what you're grieving
 2. Hear other cycle-breakers' stories and recognize shared patterns
 3. Practice using builder language to describe obsession
 4. Support your tribe without fixing or advising
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Discussion Prompts

Post your responses to the following prompts. Aim for 200-400 words total across all three prompts.

Prompt 1: Your Old Target

What was your old obsession? What did it give you that you're now trying to replace?

This could be:

- A substance (alcohol, drugs)
- A person or relationship
- A hustle or business that didn't work
- A pattern (chaos, validation-seeking, overwork)
- A coping mechanism (perfectionism, control, avoidance)

Be specific. Name it.

Prompt 2: What You're Grieving

As you let go of that obsession, what are you grieving?

Remember from the readings:

- The identity it gave you
- The community it connected you to
- The predictability, even if it was painful
- The version of yourself who believed it would work

What loss are you metabolizing right now?

Prompt 3: Redirecting the Energy

Where do you want to redirect that obsessive energy?

This is not about having a perfect answer. This is about starting to imagine:

- What would harmonious passion look like for you?
- What kind of venture or project could hold that intensity?

- What would it mean to channel obsession into fuel instead of drain?

Dream a little here. What becomes possible?

Engagement Requirements

After posting your own response:

- 1. Read at least 3 other people's posts**
 - 2. Reply to at least 2 posts with builder language**
 - Affirm what they've named
 - Witness without fixing or advising
 - Reflect back what you heard
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Examples of Builder Language in Discussion

Good Example:

Post: "My old obsession was hustling—starting businesses that never worked, chasing the next big idea. I'm grieving the identity I had as 'the entrepreneur who could make anything happen.' I felt important when I was hustling, even though it was draining me."

Reply: "I hear you on that identity piece. It sounds like the hustling gave you a sense of purpose, even when it was unsustainable. That's a real loss to grieve. What would it look like to channel that energy into building something that actually fits your wiring?"

Bad Example (Fixing/Advising):

Post: "My old obsession was alcohol. I'm grieving the social life I had when I was drinking."

Reply: "You should try AA! Or find new hobbies that don't involve drinking. Have you thought about joining a gym?"

(This is fixing, not witnessing. Don't do this.)

Good Example (Witnessing):

Post: "My old obsession was alcohol. I'm grieving the social life I had when I was drinking."

Reply: "That's a real loss. It sounds like alcohol was tied to connection and community for you. Grieving that makes sense. You're not alone in that."

Tribe Role for This Unit

Silent Witnesses

Your tribe's job is to:

- **Listen** without jumping in with advice or solutions
- **Affirm** what people are naming (especially grief)
- **Reflect back** what you heard, using builder language
- **Hold space** for the messy, non-linear process

This is not a place to fix each other. This is a place to be seen.

Facilitation Notes

For Facilitators: How to Guide This Discussion

1. Model vulnerability first

If you're comfortable, share your own old obsession and what you're grieving. This sets the tone.

2. Affirm grief as normal

When people share grief, normalize it: "Grief is part of the work. You're metabolizing the loss. That's transformation in progress."

3. Redirect fixing language

If someone gives unsolicited advice, gently redirect: "I appreciate you wanting to help, but let's focus on witnessing right now. [Name], what do you need—support or solutions?"

4. Watch for shame language

If someone slips into shame scripts ("I'm such a mess," "I always screw up"), redirect: "I heard some shame language there. Can you reframe that?"

Common Challenges

"I don't want to share my old obsession publicly."

That's okay. You don't have to share specifics. You can say: "My old obsession was a substance" or "My old obsession was a pattern I'm not ready to name publicly." Share what feels safe.

"I'm not grieving. I'm just glad it's over."

That's valid. But check in with yourself: Is there *anything* you miss? Even something small? Grief doesn't always feel like sadness. Sometimes it feels like emptiness or loss of purpose.

"I feel guilty grieving something that was destructive."

Grief isn't approval. You can grieve what something gave you without wanting it back. You're not romanticizing the obsession—you're acknowledging the void it's leaving.

Why This Matters

Obsession doesn't redirect in isolation. It redirects in community.

When you name your old target out loud, you make space for the new one.

When you witness someone else's grief, you normalize your own.

When you practice builder language together, you reinforce the culture.

This is tribe work. This is how transformation happens.



Builder Reminder: If this brings up big feelings, that's normal. You're not broken. You're metabolizing. Bring it to the group—your tribe is here to witness, not judge.

What's Next

After participating in this discussion, you'll move to readings on **harmonious vs. obsessive passion (Vallerand)** and **how to redirect obsessive energy into fuel**.