

Unit 5: Obsession Mapping Exercise

☰ Components	Video Worksheet Written Assignment
☰ Duration	20 min
☰ Notes	Obsession-to-Fuel Worksheet, 300+ word reflection on patterns, triggers, needs
☑ SOU Evidence	☑
⌚ Section	Module 1
⚙ Status	Not Started
☰ Subsection	Reframing Obsession

Overview

Duration: 30 minutes

Components: Video, Written Assignment, Worksheet

This unit helps participants map their obsessive patterns, identify triggers, and understand the underlying needs driving the obsession.

Learning Objectives

- Map the cycle of your obsessive pattern
- Identify specific triggers and responses
- Understand what needs your obsession has been trying to meet

Video Content

Mapping Your Obsession

- How to trace the pattern from trigger to behavior
 - Identifying the "reward" that keeps the cycle going
 - Understanding needs beneath the obsession
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Worksheet: Obsession-to-Fuel Mapping

Complete this worksheet to map your obsessive pattern:

1. Name the Obsession

What have you been obsessed with? (Be specific)

2. The Trigger

What kicks off the obsessive thought or behavior?

- Situation:
- Emotion:
- Physical state:
- Time of day:

3. The Thought Pattern

What thoughts run through your mind during the obsession?

- List the recurring thoughts:

4. The Behavior

What do you *do* when the obsession activates?

- Specific actions:
- How long does it last:

5. The Short-Term Reward

What does the obsession give you in the moment?

- Relief from:

- Feeling of:
- Escape from:

6. The Long-Term Cost

What does the obsession take from you over time?

- Energy:
- Time:
- Relationships:
- Self-trust:

7. The Underlying Need

What is your obsession *actually* trying to give you?

- Safety?
- Connection?
- Control?
- Purpose?
- Worth?

8. Alternative Ways to Meet That Need

List 3 healthier ways to meet the same underlying need:

- 1.
 - 2.
 - 3.
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Written Assignment: Pattern Reflection

Write a 300+ word reflection answering:

1. What surprised you about mapping your obsession?
2. What need has your obsession been trying to meet?

3. Which alternative strategy feels most doable to try this week?
 4. What support do you need to shift this pattern?
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Submission

Upload:

1. Completed Obsession-to-Fuel Worksheet
2. 300+ word reflection