

Unit 8: Module 1 Assessment & Commitment

≡ Components	Assessment/Quiz Discussion Forum
≡ Duration	20 min
≡ Notes	Knowledge Check quiz (10 questions, 80% to pass, unlimited attempts), Weekly Commitment forum post, respond to 2 others, Certificate unlocked
✓ SOU Evidence	<input checked="" type="checkbox"/>
⌚ Section	Module 1
⌘ Status	Not Started
≡ Subsection	Completion

Overview

Duration: 20 minutes

Components: Assessment/Quiz, Discussion Forum

This unit assesses comprehension of Module 1 concepts and creates accountability for applying the redirect plan.

Knowledge Check Quiz

10 Questions | 80% required to pass | Unlimited attempts

Sample Questions:

1. What is the primary difference between harmonious and obsessive passion?
2. According to Vallerand's research, what predicts greater life satisfaction?

3. Name two of the "hidden losses" that often sit beneath obsessive patterns.
 4. What is the purpose of the Ritual of Release?
 5. What are the four constraints for a sustainable redirect plan?
 6. What does "grief as transformation" mean in the context of releasing the old self?
 7. What is the difference between shame words and builder words?
 8. Name two warning signs of harmful obsession (vs. productive drive).
 9. What does it mean to "redirect, not suppress" obsessive energy?
 10. What underlying needs might obsessive behavior be trying to meet?
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Discussion Forum: Weekly Commitment

Prompt: *"What's your commitment for this week as you begin your redirect plan? What's one specific action you're taking in the next 48 hours?"*

Instructions:

1. Post your 48-hour commitment
 2. Tag an accountability partner from the cohort
 3. Respond to at least 2 others with encouragement
 4. Return mid-week to post an update on your progress
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Module 1 Completion

Certificate unlocked when:

- ✓ All unit assignments submitted
 - ✓ Knowledge Check quiz passed (80%+)
 - ✓ Weekly commitment posted
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What's Next: Module 1.5

In Module 1.5, you'll discover **how your engine actually runs**—your operating system, wiring, and personality profile. This will help you understand why certain redirect strategies work for you and others don't.

Preview questions:

- Why do some tools work for others but not for you?
- What's your natural structure need (high or low)?
- What's your stimulation threshold?
- How do you process information (internally or externally)?

Module 1 released the old target. Module 1.5 explains the machine. Module 2 builds an identity that fits.

Reflection Prompt (Optional)

"What's the biggest shift for you in Module 1? What are you taking with you into Module 1.5?"