

# The Distraction Worksheet

Ariana Hall

The 3 D's are:

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We are defining Distraction as:

- Worshiping a \_\_\_\_\_

3 examples of Distraction are:

- Acquiring wealth to \_\_\_\_\_
- Chasing after \_\_\_\_\_ in the hopes of proving you are \_\_\_\_\_
- Staying in a \_\_\_\_\_ that another person(s) thought you \_\_\_\_\_

What are the top reasons that good men get caught in Distraction?

- Something to \_\_\_\_\_ or \_\_\_\_\_
- \_\_\_\_\_ orientation to relationships
- Out of touch with \_\_\_\_\_ / Growing up without \_\_\_\_\_
- Underdeveloped \_\_\_\_\_

*Pros and Cons to being involved in Distraction...*

Pros: Not much at \_\_\_\_\_, temporary avoidance of \_\_\_\_\_, \_\_\_\_\_ to something. May feel productive.

Cons: Lack of \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. \_\_\_\_\_ and not in control of one's \_\_\_\_\_. At risk for being \_\_\_\_\_ or a \_\_\_\_\_. Wasted \_\_\_\_\_ & \_\_\_\_\_.

**IMPORTANT:** Choose solutions while taking your loved one into consideration, not the other way around!

Where does Distraction show up in *your* life? Write all of the areas and examples that you can think of:

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If you didn't need Distraction in your life, what are at least 3 things you would \_\_\_\_\_?

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In what ways would you instantly become a \_\_\_\_\_?

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Your best \_\_\_\_\_ against Distraction:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.

We are defining Diversion as:

- \_\_\_\_\_

3 examples of Diversion are:

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- 

Where does Diversion show up in *your* life? Write all of the areas and examples that you can think of:

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What are the top reasons that good men get involved in Diversion?

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*Pros and Cons to being involved in Diversion...*

**Pros:**

**Cons:**

## **"Current Distraction Level" Assessment**

Where in your life are you worshipping a lesser purpose?

If you are being honest with yourself, in what aspects of your life do you tend to be taken for granted?

In what areas of your life do you feel that you deserve to hear the words "thank you" more often?

In what ways do you feel that you work hard but do not receive credit what you have done... in what situations do you notice this coming up?

What are the experiences or topics that cause you to shut down emotionally, where you lose your connection to your "feeling sense"?

Where do you feel "fine", but definitely not fulfilled or deeply satisfied?

Where do you have trouble standing up for yourself in life?

If one of your guy friends called you out on some way that you are putting yourself in the sand and avoiding what would actually make you truly happy, what would it be in your case?

How are you not fulfilling your potential as a man?

In what part of your life have things become boring and predictable but you don't feel comfortable admitting it? Be specific.

How does this affect your relationships with women? (This includes dating or your romantic partner, female friends, female coworkers, female family members, female strangers you encounter day to day, etc.)

How does the above affect your experience of excitement and fulfillment? ...the meaningfulness of your life?

How does this affect your being a man who has clarity about his purpose, one who has possibly even leaving a legacy before he leaves the planet?

Wrap up: What was your biggest take away on this call?