

# Distractions & Seductions Workbook I

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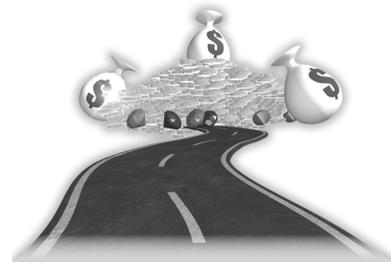
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## Preliminaries: Getting Our Bearings

### *Which Road Are You Traveling?*

Sometimes it's hard to distinguish the road to riches from the garden path (or, occasionally, which you're *really* wanting to walk down).



Have you ever had this feeling?

Sometimes our specific destination is a work in progress. Other times we know where we're intending to go, but the terrain is new enough that we haven't quite got it mapped out yet. And some days, going on instinct is a creative accomplishment all its own that shouldn't be underestimated.

Even when you know where you're going, it's easy to take a wrong turn without realizing it. It's even easier if you're winging it! Distractions and Seductions become much slipperier characters under these circumstances, and unmarked detours can become a frustratingly regular occurrence.

This workbook will help you mark the wrong turns that your psyche is most vulnerable to. The concepts, questions, and exercises here provide pointers and clues to help you recognize the situations that are most likely to lead you astray. Since there are no convenient "This Way" signs that generically work for everyone or every situation, this is an opportunity to customize and place detour signs that will best serve **your** particular journey - wherever you might be headed.

### *The Good and the Bad of It*

As you know, life is not a black and white proposition. True, some things are pretty well all good, and others are pretty well all bad; but so many things can play in either court, and merrily switch sides without asking our permission or notifying us. Distractions and Seductions are like this. Both can serve us well, or lead us astray.

**Take Distractions.** We all have responsibilities, to our families, to our pets, to our employers, to our landlords, to our friends, to ourselves. Sometimes, though, we allow these to take over the time we might want to spend on our special projects, our new businesses, etc. – when they don't have to. Keeping the kitchen or laundry room or garage or yard clean and tidy is good;

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but these are tasks that can expand to fill any amount of time, and sometimes we will use them in all their expandable glory to avoid a larger challenge.

**And then there are Seductions.** All of you – we hope – have had the delightful experience of being seduced by something or someone that was entirely appropriate and just what you were looking for, and that experience taking you somewhere you really wanted to go. And, alas, very likely all of you have likewise experienced a seduction where the something or someone was not at all what they seemed, in fact turned out to be *nothing* like what you wanted, and you ended up in some ramshackle, out-of-the-way or dangerous place that you had no intention of visiting – and fervently hope never to see again.

**And then there's reality!** Life in all its magnificence is no static controllable endeavor - and we wouldn't want it to be! Daily it erupts into new surprises and challenges that demand our attention, no matter what we had planned. What happens to your priorities when you're coming down with a cold? When a dear friend drops into town? When a child is sick? A call for help from a family member, a significant disappointment, or a moment when our soul just longs to dance - all of these are circumstances when the best choice just might be to leave our plans in the dust in favor of the true "Yes!" of the moment. But how do we allow the flow of our ups and downs without getting swept away by them?

**The key lies in discernment.** To discern means to see something that is not, on the surface, very clear, to understand something that is not immediately obvious. In order to fully enjoy the wonderful kinds of distractions and seductions in our lives, and to willingly live the reality of them, we need to be able to tell the difference between the good and the bad of it.

## About This Workbook

Because you hold this workbook in your hands (or on your computer screen), we are assuming that you have some goal, some objective, whether it be business or creative or both or other, that you have had some trouble accomplishing due to Distractions and Seductions.

- A. Before you go on, write down this goal or project right here, and a brief bit about why it is important to you and what you lose by not doing it.**

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