

# **Boredom, Avoidance, and Integrity Workbook (4–8 Week Program)**

## Instructions

Complete this workbook daily. Do not skip exercises. When bored, immediately engage in one activity from your activation list.

## Week 1–2: Awareness & Triggers

Identify when boredom occurs and what triggers it.

# Boredom Mapping

When do I feel boredom most? What am I avoiding?

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## Thought Record

Situation	Thought	Emotion	Behavior Urge	Truth Response

## Week 3–4: Behavioral Activation

List activities for each energy level.

### Low Energy Activities

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### Medium Energy Activities

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### High Energy Activities

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## **Week 5–6: Cognitive Restructuring**

Challenge your thoughts and replace them with truth.

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## **Week 7–8: Identity & Integrity**

Who do I become if I master this?

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## Scripture Reflection

Reflect on Ephesians 5:15–16 and 2 Timothy 2:22

## Weekly Reflection

What worked? What didn't? Where did I avoid?