

HOW TO USE THE DRIFT LIST

It's common to want to get away from your discomfort in the moment and drift away from the present moment. For example, you might want to drift away from your emotions or uncomfortable sensations in the body. Or you may drift from loneliness or something unpleasant.

Many of us drift to avoid our fear of the unknown which keeps us recycling repeating dramas or issues. For example, a person doesn't enjoy their job and resents their boss. They resist changing the situation because they get paid well and are afraid that having honest conversations where asking for their needs could threaten their financial security. So they relieve their pain (drift) by drinking in the evenings, gossiping to their spouse, and surfing the internet. These drifts keep them from feeling their emotions and facing their discomfort with their life choices.

Follow the steps below to discover how your drifts are keeping you from feeling the discomfort you've not been willing to face and feel.

Step 1

Read through the drift list and circle your top three drift patterns. Consider asking those you live and work with to weigh in on the most common ways they experience you drifting.

Step 2

Create a plan to either eliminate or significantly curb each drift. Be sure that you only make agreements with yourself that you are willing to keep.

Examples of practices to take on for 30 days

- **Drinking alcohol:** Eliminate
- **Checking email:** Check only 3 times a day. Let your team know your plan and ask them to message you in another way if they need an immediate response.
- **Watching entertainment media:** Watch only on weekends for 2 hours maximum each day.
- **Reading the news:** Either stop reading altogether or only read once per day for 20 minutes.
- **Gossiping:** Don't complain/blame/gossip to your partner/friends/family about work or colleagues.

Step 3

Find a partner to check in with daily to let them know if you kept your agreements. You can simply text them a Y or N for each of the agreements you made. The person you text is not responsible for your success. They can challenge you and cheer you on without needing you to "succeed."

Step 4

Pay attention to what feelings arise during this time. Allow yourself to feel them, and listen to the guidance they're offering. (See Practicing Emotional Intelligence handout for more information).

Step 5

Decide if you want to make any changes in your life, and if you want to keep any of the 30 day habits as more ongoing lifestyle choices.

THE DRIFT LIST

When we go unconscious, we drift below the line. This is a list of some of the many ways we distract ourselves from being with and expressing our authentic feelings and thoughts. These are also ways we leave this now moment. Read through the list and identify your favorite ways to drift.

Anticipating	Emailing	Making Lists
Apologizing	Exercising	Managing
Arguing	Explaining	Organizing
Being A Good Student	Evaluating	Planning
Being Disorganized	Figuring It Out	Policing
Being Misunderstood	Freezing	Procrastinating
Being Overwhelmed	Getting Busy	Protecting
Being Sarcastic	Getting Confused	Proving
Blaming	Getting Distracted	Questioning
Body Aches	Getting Embarrassed	Reading - News and more
Checking the Phone	Getting Enlightened	Rehearsing
Cleaning	Getting Righteous	Rising Above It
Comparing	Getting Serious	Rushing
Complaining	Getting Shy	Seeking Approval
Compromising	Getting Sick	Sexual Activity/Porn
Compulsive Working	Getting Silly	Shopping
Concealing	Getting Wordy	Sleeping
Controlling	Gossiping	Smiling
Correcting	Ignoring	Social Media
Coughing	I'm Not Enough	Spacing Out
Day Dreaming	Injuring Yourself	Texting
Defending	Intellectualizing	Trying Hard
Dismissing	Internet Surfing	Venting
Doing it Right	Interpreting	Waiting
Doubting	Interrupting	Watching TV
Drinking	Judging	Withdrawing
Drugging	Justifying	Whining
Eating	Listening to podcasts	Worrying
Editing	Looking Interested	