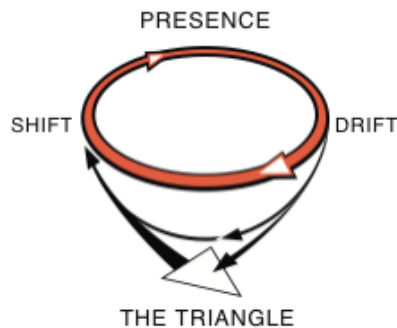


THE DRIFT/SHIFT MODEL



The starting point is presence: *being here now in a non-triggered, non-reactive way*. Most of us can spend between 0-4 seconds in presence before something happens and we drift out of presence. This “something” happening can be a thought that hijacks us out of the moment into the future or the past. It can be a sensory experience that we resist and consequently constrict around. It can be a look on the face of our partner, the tone of someone’s voice, or the subject line in an email. It can be anything.

The bottom line is that we have drifted out of presence. Unless we’re enlightened, that’s to say almost none of us, we drift in and out of presence constantly. One of the goals of this work is to simply notice when we have drifted. We might notice it in the instance that we drift, but more likely we’ll become aware after some time being out of presence. The delayed realization doesn’t matter. The key is simply to notice.

Step 1

Look over the drift list (next page and circle your most common drifts. One thing to know is that anything can be done either from presence or as a drift. You can drink wine, shop, exercise, or meditate from presence or as a drift. The key to waking up is to know from what state of consciousness you’re acting from.

Step 2 (Optional)

To learn to surface the discomfort you have been drifting away from, consider creating a 30 day plan to either eliminate or significantly curb your top three drifts. Be sure that you only make agreements with yourself that you are willing to keep and consider finding an accountability partner to share your results daily.

Examples

- Drinking alcohol: Eliminate for 30 days or 2 drinks per week
- Checking email: Agree to check email only 3 times a day for 30 days.
- Reading the news: Eliminate for 30 days or read once per day 20 minutes
- Gossiping: Agree not to gossip to your family/friends about your colleagues for 30 days.
- Watching entertainment media: Agree to watch on weekends only for 2 hours each for day 30 days

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 simply leave this now moment. Take a look below and identify your favorite ways to drift.

Anticipating	Editing	Looking Interested
Apologizing	Emailing	Making Lists
Arguing	Exercising	Managing
Being A Good Student	Explaining	Organizing
Being Disorganized	Evaluating	Planning
Being Misunderstood	Figuring It Out	Policing
Being Overwhelmed	Freezing	Procrastinating
Being Sarcastic	Getting Busy	Protecting
Blaming	Getting Confused	Questioning
Body Aches	Getting Distracted	Reading - News and more
Checking the Phone	Getting Embarrassed	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