

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