

Where Do I Drift

FIND YOUR ANCHOR

WHERE DO I DRIFT? Choose one recurring situation. Notice the pull, the story, the autopilot, body signals, and what you usually need but forget to reach for.

THE RECURRING SITUATION

Choose one moment — not your whole life.

THE PULL

What starts pulling me off center?

THE STORY

What does my mind start saying?

AUTOPILOT

What do I usually do?

BODY SIGNAL

What happens physically?

WHAT I NEED BUT FORGET TO REACH FOR

Who What When Where Hope Map

FIND YOUR ANCHOR

WHO • WHAT • WHEN • WHERE HOPE MAP Look for evidence of hope and steadiness that has existed before. Circle two sources available to you now.

WHO

Who has been evidence of steadiness or hope?

WHAT

What has helped before?

WHEN

When have I returned before?

WHERE

Where has hope or steadiness shown up?

AVAILABLE NOW

Circle or name two sources available to me now.

My Anchor Inventory

FIND YOUR ANCHOR

MY ANCHOR INVENTORY Explore people, places, practices, objects, truths/words, and actions. The object is never the hero. The return is.

PEOPLE

Who helps me return?

PLACES

Where do I feel more steady?

PRACTICES

What actions help me return?

OBJECTS

What reminds me?

TRUTHS / WORDS

What can I stand behind?

ACTIONS

What do I actually do?

Build My Anchor

FIND YOUR ANCHOR

BUILD MY ANCHOR CUE → TRUTH → RETURN ACTION → SUPPORT. Build one primary anchor and one backup anchor.

CUE

What tells me I am drifting?

TRUTH

What do I need to remember?

RETURN ACTION

What do I do next?

SUPPORT

Who/what can help?

BACKUP ANCHOR

What is my second option?

Storm Test

FIND YOUR ANCHOR

STORM TEST Practice the anchor against a realistic, non-traumatic drift scenario. What felt natural? What needs changing?

IF THIS HAPPENS / I NOTICE

THEN I USE MY CUE

WHAT FELT NATURAL

WHAT NEEDS CHANGING

SMALLEST VERSION

My 7 Day Return Practice

FIND YOUR ANCHOR

7-DAY RETURN PRACTICE Repetition is how an ordinary cue becomes an anchor. Practice when the stakes are low enough to learn it.

WHAT I AM PRACTICING

Name the signal, action, cue, or return you want to test.

MY MINIMUM VERSION

What counts on a low-capacity day?

MY CUE

When will I remember to use it?

7-DAY TRACKER

DAY 1 ____ DAY 2 ____ DAY 3 ____ DAY 4 ____ DAY 5 ____ DAY 6 ____ DAY 7 ____

WHAT I LEARNED

Keep • Change • Drop

My Anchor Card

FIND YOUR ANCHOR

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Anchor • Lighthouse Next Step

CUE

What tells me I am drifting?

TRUTH

What do I need to remember?

RETURN ACTION

What do I do next?

SUPPORT

Who/what can help?

BACKUP ANCHOR

What is my second option?

My Carry Home Cup

FIND YOUR ANCHOR

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Anchor • Lighthouse Next Step

TEA LEAF

What did I notice or learn?

DROP OF HOPE

What feels possible, useful, or worth carrying?

ANCHOR

What do I want to remember when real life gets loud?

LIGHTHOUSE NEXT STEP

What is one small next action?