

When life shifts, you **STOP.**

Stop. Hide. Identify. Face. Transform. Share.

When life shifts beneath us, whether by loss, change, or circumstance we didn't choose, we tend to move through six phases. Not always in a straight line. Not always at the same pace. But naming them removes the shame of thinking you're doing it wrong.

STOP

The rupture. Something happens that you did not choose. A diagnosis. A death. A divorce. A layoff. The call you didn't see coming.

HIDE

The drift. Avoidance instead of feeling. No timeline required. Staying busy. Numbing. Avoiding the conversation, the appointment, the truth.

IDENTIFY

The reckoning. Seeing the pattern. Clarity, not courage yet. The moment you notice you're repeating something. Therapy. A mirror moment.

FACE

The choice. Presence over protection. Practical, not heroic. Having the conversation you've been avoiding. Making the appointment. Showing up.

TRANSFORM

Integration. Quiet, not cinematic. Not fixed, changed. A new rhythm. New boundaries. A different relationship to time or people.

SHARE

The offering. Turning your shift into something for someone else. Telling your story. Mentoring someone going through what you went through.

THE REAL UNLOCK

Awareness alone isn't the unlock. Most people have already replayed their hardest moments many times over. The unlock is awareness paired with a structure to place it inside. *"Oh, that's what that was" is a fundamentally different experience than simply remembering something painful again.*

Walk your own line at Line in the Sand

Free, six short prompts, takes about ten minutes. Explored in depth on The Life Shift Podcast.

LineInTheSandProject.com/shifts