



The Drift Diagnostic

Functioning, or flourishing? A ten-minute, honest read on where your friction really is — and where to begin.



THE HALE & WISE TRILOGY · COHERENCE · STEERING · WISDOM

Most of us can feel that something is off long before we can name it. This isn't a clinical test or a personality quiz — it's a mirror. The three sets below map to the three movements of the trilogy, and wherever you score highest is simply the most honest place to begin the work.

How to use this

Read each statement and mark how true it feels **right now**, from 1 (rarely true) to 5 (deeply true). Be honest — this is for you, not for show. Add up each set, then read your result on the last page.

Set A · Coherence

The divided self and the intention–action gap.

Statement	1	2	3	4	5
I know exactly what I should do, yet repeatedly fail to do it.					
I perform well on the outside while feeling fragmented inside.					
I've mistaken my struggles for laziness or weak willpower.					
Different "versions" of me show up on different days.					
I explain myself well — but I don't actually change.					

Set A total: ____ / 25

Set B · Steering

Relief that quietly narrowed the life.

Statement	1	2	3	4	5
I have a fast, reliable way to take the edge off — and it's costing me.					
I reach for relief (a drink, work, scrolling, control) more than I'd like.					
I've tried to stop a relief habit and looped back, with shame.					
My coping once solved a problem; now it is the problem.					
My world has slowly gotten smaller.					

Set B total: ____ / 25

Set C · Wisdom

Functioning, but adrift.

Statement	1	2	3	4	5
I'm functioning — even succeeding — but not flourishing.					
I can steer now, but I'm unsure what the steering is for.					
I drift, dressed up as "keeping my options open."					
I don't know what a life that goes well looks like for my next chapter.					
I want to live by what I value, not just what I can manage.					

Set C total: ____ / 25

Your result

Your highest-scoring set is where your friction lives right now. If two are close, follow the trilogy's natural order: **Coherence to Steering to Wisdom**.

- **Set A highest — Coherence.** Start with Living and Lying, and the **Functioning Is Not Flourishing** workshop.
- **Set B highest — Steering.** Start with Long Addiction, Short Recovery, and the **Back to Center** workshop.
- **Set C highest — Wisdom.** Start with The Stranger in the Scanner, and **The Next Twenty**.

This isn't a diagnosis — it's a door. Wherever you scored highest, that's simply the most honest place to begin. Read the trilogy in paperback at neilwsmith.com, and explore the workshops at haleandwise.com. Functioning got you here; flourishing is the work ahead.

Hale & Wise™

Important

Hale & Wise and its content are educational and reflective in nature — not medical, psychological, or therapeutic advice, diagnosis, or treatment, and not a substitute for professional care. If you are struggling or in crisis, please consult your doctor or a qualified health professional.

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The Drift Diagnostic is a self-reflection exercise — not a psychological test, assessment, screening, or diagnosis of any condition. There are no clinical norms behind it and no clinical meaning in its results. Its only purpose is to help you reflect on your own life and decide what you want to do next.

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If you are in crisis or considering self-harm, call or text 988 (Suicide & Crisis Lifeline) or call 911.