

Friction Grid

A worksheet for mapping where strain lives and where a small shift might create relief.

Most friction doesn't announce itself. It accumulates quietly in roles you hold, relationships you maintain, workarounds you've built just to keep things moving. This grid gives those accumulations a shape: patterns become visible, clusters become nameable, and one concrete experiment becomes possible.

What it is

A matrix crossing life Domains: Home, Work, Faith, Social, Self with three sources of friction: Internal, Relational, and Structural.

What it does

Turns diffuse stress into a visible pattern. Spot clusters, compare pressure points, choose one place to test a change.

How to use it

01 Start with a friction snapshot.

Ask: where do you feel drained, overloaded, irritated, frozen, or tense right now?

02 Mark each cell.

Use the legend below. A dot, shaded region, or short phrase in each cell is enough.

03 Look for clusters.

Which domain carries the most strain? Which source of friction keeps repeating?

04 Name one yellow-shift experiment.

A small move that reduces the load — not a total overhaul. Just a test.

This tool stands on its own. If you want to go deeper, the same grid is the foundation of the REAL Coaching narrative mapping process — where friction patterns, role-self tensions, and the hidden costs of workarounds become the material for bounded personal experiments.

“The pattern matters more than any single cell.”

You can rename any domain or source label to fit your life.

