

Frameworks In Action

A Public Index of Applied Reality Drift Posts

A. Jacobs - Updated July 2026

This document indexes a series of posts published to the Reddit community [r/FrameworksInAction](#) between 2025 and 2026.

The series uses diagrams, short essays, and applied examples to examine ideas from Reality Drift, Semantic Fidelity, Cognitive Drift, and related work. The posts apply these concepts across artificial intelligence, organizations, media, incentives, technology, travel, food, identity, and everyday life.

Over time, [r/FrameworksInAction](#) became one of the primary public distribution channels for the work. As a recurring contributor, A. Jacobs used the community to present developing concepts in practical and recognizable forms rather than as finished academic claims.

The posts collectively reached a large audience and generated substantial sharing, discussion, criticism, and redistribution. The more meaningful record is the repeated use of the framework across many different domains and problems.

This index preserves the sequence of those posts and documents how the work developed through public examples, diagrams, discussion, and response.

About the Series

[r/FrameworksInAction](#) is a community for discussing useful frameworks and lessons drawn from applying them.

The Reality Drift posts were developed as public-facing applications of a larger body of work. Each post isolates a recognizable pattern and connects it to a broader structural concept.

Some posts introduce a single concept. Others show how several concepts interact inside a system. Across the series, recurring themes include proxy substitution, delayed feedback, optimization, semantic degradation, administrative complexity, recursive information systems, and the gradual weakening of contact with reality.

The posts were not presented as a single finished theory. They functioned as public working examples through which the concepts could be clarified, extended, criticized, and connected to other domains.

Reality Drift and System Dynamics

1. Modern Problems Aren't Isolated. They Share a Common Structure

Primary concept: Reality Drift

Domain: Systems and modern life

Introduces Reality Drift as a common structure beneath problems that initially appear unrelated. The post argues that many modern failures emerge when systems continue operating while gradually losing contact with the conditions they were created to serve.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1s457lv/modern_problems_arent_isolated_they_share_a/

2. Why Systems Drift From Reality as They Scale

Primary concept: Reality Drift

Domain: Scaling and representation

Explains how larger systems increasingly depend on metrics, summaries, categories, and abstractions. As these representations accumulate, the system may become easier to manage internally while growing less responsive to the reality outside it.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1skdh9p/why_systems_drift_from_reality_as_they_scale/

3. Reality Drift: A Common Structure Behind Reward Hacking

Primary concepts: Reality Drift and proxy alignment

Domain: Incentives and artificial intelligence

Connects Reality Drift to reward hacking, institutional gaming, and systems that optimize a measurable target while weakening the condition the target was intended to represent.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1t59wu9/reality_drift_a_common_structure_behind_reward/

4. How Proxy Metrics and Delayed Feedback Cause Systems to Drift

Primary concepts: Proxy substitution and delayed feedback

Domain: Organizational and technical systems

Shows how systems become vulnerable to drift when they optimize proxies and receive weak or delayed correction from the real world. The post presents drift as a loop rather than a single mistake.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1ti0wq3/how_proxy_metrics_and_delayed_feedback_cause/

5. Why Modern Systems Don't Break Anymore. They Just Drift

Primary concept: Survivable Wrongness

Domain: Institutional systems

Argues that many modern systems do not fail in an obvious or decisive way. They remain functional enough to survive while becoming gradually less useful, less coherent, or less aligned with their original purpose.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1r8g1k8/why_modern_systems_dont_break_anymore_they_just/

6. The Reality Drift Equation

Primary concept: Reality Drift

Domain: Structural modeling

Presents a simplified model for understanding how abstraction, optimization, weakened feedback, and accumulated distance from real conditions contribute to systemic drift.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1ozhcin/the_reality_drift_equation_a_simple_map_for/

7. The Reality Drift Engine

Primary concept: Drift dynamics

Domain: Feedback systems

Maps a recurring loop in which reality is compressed into a representation, the representation becomes the target of optimization, and the optimized output is then treated as evidence that the system remains aligned.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1pt1e9a/the_reality_drift_engine_a_simple_loop_that/

8. Reality Drifts Long Before Anyone Notices It

Primary concept: Delayed recognition

Domain: System failure

Explains why drift often remains invisible during its early stages. Systems may continue producing plausible outputs while the gap between internal representations and external reality widens slowly.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1uhax96/reality_drifts_long_before_anyone_notices_it/

Organizations, Administration, and Accountability

9. A Simple Model for How Organizations Drift Away From Reality

Primary concept: Organizational Drift

Domain: Management and institutions

Shows how organizations gradually substitute reports, dashboards, procedures, and internal narratives for direct contact with the conditions they are supposed to understand.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1udgzva/a_simple_model_for_how_organizations_drift_away/

10. Past Seven People on an Email, Accountability Starts to Disappear

Primary concept: Distributed accountability

Domain: Organizational communication

Uses long email chains to illustrate how responsibility weakens as more people are added to a process. Visibility increases while ownership becomes increasingly difficult to locate.

Post:

[https://www.reddit.com/r/FrameworksInAction/comments/1u984ej/past 7 people on an email accountability starts/](https://www.reddit.com/r/FrameworksInAction/comments/1u984ej/past_7_people_on_an_email_accountability_starts/)

11. The Difference Between Playing the Game and Serving the Goal

Primary concept: Goal displacement

Domain: Institutions and incentives

Examines the point at which success inside a system separates from the purpose the system was designed to serve. A person can become highly skilled at navigating the rules while contributing less to the underlying goal.

Post:

[https://www.reddit.com/r/FrameworksInAction/comments/1sgnue6/the difference between playing the game and/](https://www.reddit.com/r/FrameworksInAction/comments/1sgnue6/the_difference_between_playing_the_game_and/)

12. Provenance Drift: How Uncertainty Becomes Institutional Memory

Primary concept: Provenance Drift

Domain: Knowledge systems and organizations

Explains how uncertainty can disappear as information moves through summaries, reports, databases, and repeated retellings. A tentative claim gradually becomes accepted background knowledge because its original source and limitations are no longer visible.

Post:

[https://www.reddit.com/r/FrameworksInAction/comments/1uov63i/provenance drift how uncertainty becomes/](https://www.reddit.com/r/FrameworksInAction/comments/1uov63i/provenance_drift_how_uncertainty_becomes/)

Semantic Fidelity and Artificial Intelligence

13. Why AI Sounds Fluent but Hollow

Primary concept: Semantic Fidelity

Domain: Artificial intelligence

Examines why language-model outputs can remain fluent, relevant, and grammatically correct while losing nuance, intention, specificity, and meaningful contact with the source material.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1r0is8q/why_ai_sounds_fluent_but_hollow/

14. Why AI Sounds Right but Feels Wrong

Primary concept: Semantic misalignment

Domain: Artificial intelligence

Explores the gap between surface correctness and deeper fidelity. The post argues that an answer can satisfy the visible form of a request while missing the structure, purpose, or lived reality behind it.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1sx2n7q/why_ai_sounds_right_but_feels_wrong/

15. Why Do AI Models Feel Worse Even as Benchmarks Improve?

Primary concepts: Benchmark drift and evaluation misalignment

Domain: Artificial intelligence evaluation

Shows how benchmark gains can coexist with declining usefulness, originality, judgment, or structural fidelity. The post distinguishes improvement on measured tasks from improvement in real-world interaction.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1sq6cqX/why_do_ai_models_feel_worse_even_as_benchmarks_improve/

16. The Semantic Fidelity Gap

Primary concepts: Semantic Fidelity and reward hacking

Domain: Artificial intelligence

Maps the distance between producing an answer that satisfies an evaluation system and preserving the meaning, intent, and constraints of the original task.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1tthg4/the_semantic_fidelity_gap_within_reward_hacking/

17. The Semantic Fidelity Compass

Primary concept: Semantic Fidelity
Domain: Evaluation and interpretation

Presents a visual model for assessing whether an output preserves meaning across several dimensions rather than relying only on surface accuracy or similarity.

Post:
https://www.reddit.com/r/FrameworksInAction/comments/1oheaw4/the_semantic_fidelity_compass/

18. AI Information Overload and the Brain's Need to Filter

Primary concepts: Filter Fatigue and cognitive overload
Domain: Artificial intelligence and cognition

Examines how AI increases the volume of plausible information faster than people can evaluate it. The result is not simply more knowledge, but a growing burden of filtering, verification, and interpretation.

Post:
https://www.reddit.com/r/FrameworksInAction/comments/1tmnh4a/ai_information_overload_and_the_brains_need_to/

Optimization, Incentives, and Constraint Collapse

19. The Optimization Trap

Primary concept: Optimization Trap
Domain: Systems and decision-making

Introduces the pattern in which continued improvement along a measurable dimension begins to undermine the larger purpose of the activity.

Post:
https://www.reddit.com/r/FrameworksInAction/comments/1obsuiu/the_optimization_trap_when_more_effort_leads_to/

20. Why Optimizing Everything Eventually Makes Life Worse

Primary concept: Optimization Trap
Domain: Everyday life

Shows how local improvements in speed, efficiency, convenience, and choice can collectively make life more demanding, less resilient, and less satisfying.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1qhknny/why_optimizing_everything_eventually_makes_life/

21. How Optimization Quietly Drains Meaning From Your Life

Primary concepts: Optimization and meaning loss

Domain: Personal life and culture

Examines how activities can lose intrinsic meaning when they are continuously measured, compared, accelerated, and converted into performance targets.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1pz23j9/how_optimization_quietly_drains_meaning_from_your/

22. How Travel Rewards Turn Saving Money Into a Game

Primary concepts: Incentive capture and goal substitution

Domain: Consumer systems

Uses travel rewards to show how a system can transform a practical goal into a complex game of points, tiers, timing, and optimization. The user may become increasingly skilled at the game while losing sight of the original purpose.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1ta30rr/how_travel_rewards_turn_saving_money_into_a/

23. When Food Is Optimized Past the Point of Taste

Primary concept: Constraint Collapse

Domain: Food systems and retail optimization

Uses the grocery-store tomato to show how a product can become operationally successful while losing the quality that originally gave it value.

The tomato is optimized to survive shipping, resist bruising, last longer, and appear ripe under retail lighting. Each improvement makes sense locally, but flavor gradually stops functioning as the grounding constraint.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1uvman6/when_food_is_optimized_past_the_point_of_taste/

Cognitive Drift and the Modern Self

24. The Cognitive Drift Cycle

Primary concept: Cognitive Drift

Domain: Algorithms and cognition

Maps how repeated exposure, algorithmic selection, behavioral adaptation, and feedback can gradually reshape attention, interpretation, and personal judgment.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1nctbxh/the_cognitive_drift_cycle_how_algorithms_reshape/

25. The Drifted Self

Primary concept: Drifted Self

Domain: Identity and modern life

Describes how identity can gradually reorganize around external systems of measurement, visibility, optimization, and response. The person remains recognizable while becoming less connected to internally grounded preferences and values.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1q50ten/the_drifted_self_why_modern_life_quietly/

26. Seven Cognitive Architectures

Primary concept: Cognitive architecture

Domain: Thinking styles and self-understanding

Presents seven recurring ways people organize attention, meaning, abstraction, memory, and decision-making. The framework is intended as a map of cognitive tendencies rather than a fixed personality classification.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1phechp/seven_cognitive_architectures_a_framework_that/

27. Filter Fatigue

Primary concept: Filter Fatigue

Domain: Information and decision-making

Explains why more information does not always create better understanding. As the number of options, sources, signals, and distinctions grows, an increasing share of mental energy is spent deciding what deserves attention.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1nnnc1a/filter_fatigue_why_too_much_information_makes_us/

28. The Meaning Equation

Primary concept: Meaning formation

Domain: Psychology and culture

Offers a simplified model for why some experiences feel meaningful while others feel empty despite appearing desirable or successful from the outside.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1nzwy26/the_meaning_equation_why_some_things_feel_deeply/

29. A Spectrum for Understanding Why Modern Life Feels Unreal

Primary concepts: Reality Drift and Synthetic Realness

Domain: Perception and culture

Presents a spectrum between direct contact with reality and increasingly mediated, optimized, or synthetic experience.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1na0key/a_spectrum_i_use_to_make_sense_of_why_modern_life/

Media, Culture, and Synthetic Reality

30. The Synthetic Realness Framework

Primary concept: Synthetic Realness

Domain: Media and culture

Maps the difference between experiences that emerge from genuine constraints and those engineered to produce the appearance, feeling, or signals of authenticity.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1nthi3d/the_synthetic_realness_framework_mapping_genuine/

31. Why Does Nothing Feel Real Even Though Everything Looks Real?

Primary concept: Synthetic Realness

Domain: Culture and perception

Examines how environments can become increasingly polished, coherent, and visually convincing while feeling less grounded, spontaneous, or alive.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1qqoiw8/why_does_nothing_feel_real_even_though_everything/

32. The Hidden Loop That Makes the Internet Feel Repetitive

Primary concepts: Recursive Compression and cultural feedback

Domain: The internet and media

Shows how platforms, creators, audiences, and models repeatedly learn from one another, producing content that remains recognizable and engaging while becoming increasingly derivative.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1qvqm22/the_hidden_loop_that_makes_the_internet_feel/

33. The Real Problem With the News Isn't Bias. It's Drift

Primary concept: Media Drift

Domain: Journalism and public knowledge

Argues that news can become detached from reality even without deliberate deception. Selection pressures, repeated framing, institutional incentives, and recursive interpretation gradually reshape what becomes visible and how events are understood.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1rcn7y6/the_real_problem_with_the_news_isnt_bias_its_drift/

34. Why Do So Many Arguments Turn Into Debates About Definitions?

Primary concepts: Semantic Drift and contested meaning

Domain: Language and public discourse

Explains how disagreements become difficult to resolve when participants use the same words for different underlying concepts, experiences, or value systems.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1rqgt2a/why_do_so_many_arguments_turn_into_debates_about/

35. The Drift Principle

Primary concept: Drift Principle

Domain: The internet and complex systems

Introduces the broader proposition that systems built on compressed representations tend to move toward internal coherence and away from the reality those representations originally described.

Post:

https://www.reddit.com/r/FrameworksInAction/comments/1onkcwf/the_drift_principle_why_does_the_internet_feel/

Public Reach and Circulation

The Frameworks in Action series became one of the most visible public expressions of the Reality Drift project.

Across the series, individual posts received substantial views, shares, saves, comments, and redistribution. Some diagrams circulated beyond their original threads and appeared in discussions where the surrounding article or author was no longer present.

The more significant pattern is cumulative. The posts repeatedly prompted readers to connect the framework to their own experiences in software, healthcare, work, media, artificial intelligence, food, travel, administration, and everyday technology.

This made the community a public test environment for the work. The responses revealed which concepts were immediately legible, which required clearer explanation, which transferred effectively across domains, and which produced disagreement or resistance.

Development of the Series

The sequence of posts reflects a gradual change in emphasis. Earlier posts focused on broad cultural and psychological experiences such as unreality, information overload, synthetic realness, meaning loss, and the influence of algorithms on attention.

Later posts increasingly examined the mechanics beneath those experiences:

- proxy substitution
- delayed feedback
- recursive compression
- provenance loss
- semantic degradation
- organizational drift
- distributed accountability
- evaluation misalignment
- constraint collapse

This movement from recognition toward mechanism became an important part of the larger project. The later posts increasingly asked what system structures produce those conditions and how the same patterns recur across otherwise unrelated domains.

Archival Note

These posts represent public-facing applications of a larger body of work. Some introduced concepts for the first time. Others translated existing papers, diagrams, and definitions into more accessible forms. Several became starting points for longer articles, formal briefs, visual models, and technical interpretations.

The Reddit posts should not be treated as definitive statements of the framework. They document the concepts in motion, during a period when the language, boundaries, and relationships between ideas were still being clarified.

Taken together, the series shows Reality Drift developing from a broad cultural observation into a more structured account of optimization, representation, feedback, semantic fidelity, and modern systems.

This index is maintained as a record of that public development and circulation.

Subreddit: [r/FrameworksInAction](https://www.reddit.com/r/FrameworksInAction/)

<https://www.reddit.com/r/FrameworksInAction/>

Contributor: A. Jacobs

Related projects:

- Reality Drift
- Semantic Fidelity Project
- Cognitive Drift Papers
- OffBrandGuy
- *The Age of Drift*