RESPONSIBILITY SORTING

WHAT IS MINE TO CARRY, AND WHAT IS NOT

Not everything you feel responsible for actually belongs to you.

STEP 1: NAME THE SITUATION

WHAT IS CURRENTLY WEIGHING ON YOU?

STEP 2: LIST EVERYTHING YOU'RE CARRYING

Write all the responsibilities you feel tied to, even the ones you never agreed to.

    Task / Responsibility   *Who benefits if this gets done?*

STEP 3: SORT THE LOAD

For each responsibility above, check one column.

Responsibility	Truly Mine	Shared	Not Mine
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐
	☐	☐	☐

STEP 4: IDENTIFY GUILT-DRIVEN CARRYING

CIRCLE ANY RESPONSIBILITY YOU ARE HOLDING BECAUSE OF:

- *FEAR OF DISAPPOINTING SOMEONE*
- *HABIT OR "I'VE ALWAYS DONE IT"*
- *BEING THE MOST CAPABLE PERSON*
- *AVOIDING CONFLICT*

THESE ARE ENERGY LEAKS, NOT MORAL FAILURES.

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RESPONSIBILITY SORTING

STEP 5: DECIDE THE NEXT ACTION

CHOOSE ONE RESPONSE FOR EACH ITEM THAT IS NOT FULLY YOURS.

RESPONSIBILITY   **ACTION**

☐ DROP   ☐ DELEGATE   ☐ SHARE   ☐ RENEGOTIATE
☐ DROP   ☐ DELEGATE   ☐ SHARE   ☐ RENEGOTIATE
☐ DROP   ☐ DELEGATE   ☐ SHARE   ☐ RENEGOTIATE
☐ DROP   ☐ DELEGATE   ☐ SHARE   ☐ RENEGOTIATE

STEP 6: CAPACITY-BASED LANGUAGE

WRITE ONE SENTENCE YOU COULD USE IF THIS RESPONSIBILITY NEEDS TO BE RETURNED OR ADJUSTED.

"I DON'T HAVE THE CAPACITY TO CARRY THIS ON MY OWN."

"THIS ISN'T SOMETHING I CAN BE RESPONSIBLE FOR ANYMORE."

"I CAN SUPPORT IN A LIMITED WAY, BUT I CAN'T OWN THIS."

FINAL CHECK-IN

AFTER SORTING, NOTICE YOUR BODY.

RIGHT NOW I FEEL:

☐ LIGHTER   ☐ UNCOMFORTABLE   ☐ CLEAR   ☐ RELIEVED   ☐ UNSURE

DISCOMFORT OFTEN MEANS YOU'RE RELEASING WHAT NEVER BELONGED TO YOU.

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