

# LOAD AUDIT

Count what's actually invisible. A free-form inventory of everything you're carrying: visible work, invisible work, and emotional labor, all on one page. You can't renegotiate a load nobody's counted, including you.

## 01 // WHAT THIS IS

### THREE CATEGORIES, ONE PAGE

This worksheet puts visible work, invisible work, and emotional labor on one page, so the total load becomes something you can actually see and, eventually, renegotiate.

## 02 // HOW TO USE IT

- 1. List the visible work first.** Tasks, hours, deliverables: whatever would show up on a job description or a chore chart.
- 2. List the invisible work.** Remembering, coordinating, anticipating needs before they're spoken, managing logistics no one assigned you.
- 3. List the emotional labor.** Managing others' feelings, absorbing tension, being the person who keeps things calm.
- 4. Look at the total, not just each column.** The point isn't any single item. It's what the whole picture adds up to.

## 03 // WHEN TO USE IT

### A NOTE BEFORE YOU START

This is a counting tool, not a negotiating script. It works best once you can look at the list with some distance. If naming the load brings up anger or grief that feels bigger than the page, that's worth bringing to a session. This supports self-tracking and conversations about load, not a substitute for working with a licensed clinician.

**Nicole Sell, MSW, LSW:** licensed social worker, trauma-informed & neurodiversity-affirming practice. This worksheet is educational and not a substitute for therapy, and not for use in a crisis.

# LOAD AUDIT

DATE

AREA: WORK / HOME / CARE

## 01 // COUNT THE WHOLE LOAD

### Visible Work

Tasks, hours, deliverables: what would show up on paper.

### Invisible Work

Remembering, coordinating, anticipating, managing logistics.

### Emotional Labor

Managing feelings, tension, and the emotional temperature.

## 02 // WHAT THE TOTAL ADDS UP TO

WHAT CAN BE NAMED OR RENEGOTIATED?

WHAT SHOULD NOT BE MINE ALONE?