FREE 5-MINUTE AUDIT

The Self-Reliance Load Audit

Being capable is a strength. This check helps you notice when “I’ll do it myself” has quietly become the only position that feels safe.

Which of these sounds familiar?

- ☐ **I automatically take responsibility.**
  If something needs doing, I assume I should handle it.
- ☐ **Asking for help feels harder than doing it myself.**
  Even when I am overloaded, receiving support can feel uncomfortable.
- ☐ **I notice other people’s needs before my own.**
  I can tell what everyone else needs while my own needs stay vague.
- ☐ **I feel guilty when I choose myself.**
  Rest, boundaries or saying no can feel selfish even when they are reasonable.
- ☐ **People see me as the strong one.**
  That role is familiar, but it can make it difficult to be supported.

> *The aim is not to become less capable. It is to notice whether capability has become a rule you are no longer allowed to break.*

SELF-RELIANCE LOAD AUDIT

Separate what is yours from what you carry

Use these four questions before you automatically take the next thing on.

1 **Is this actually mine?**
Am I responsible for this, or am I stepping in because I am used to being the person who fixes things?

2 **Was I asked?**
Did someone genuinely ask for my help, or did I notice a gap and immediately fill it?

3 **What would shared responsibility look like?**
Who else could decide, contribute, remember, pay, organise or carry part of this?

4 **What would I choose without guilt?**
If guilt was not making the decision, what would a fair answer look like?

GO DEEPER

The Self Reliance Trap explores what happens when strength becomes the only acceptable role.

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