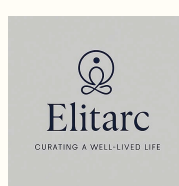


THE RESPONSIBILITY FACTOR™

A reflective checklist for people who carry a lot

Check all that apply. This is not a score—it's a signal.



Mental Load

- I'm the person people come to when something needs to be figured out
- I'm carrying decisions for more than just myself
- I'm managing multiple moving parts every day
- My brain feels 'on' even when my body is tired

Emotional Responsibility

- I'm often the strong one
- I hold space for other people's stress
- I feel responsible for how others feel
- I don't feel like I have room to fall apart

Time & Capacity Pressure

- Rest feels like something I have to earn
- I'm always multitasking
- I rarely feel fully caught up
- I often feel behind no matter how much I do

Financial & Work Strain

- I worry about money even when I'm doing okay
- My income supports more than just me
- Financial decisions feel heavy or stressful
- My work demands feel relentless

Caregiving / Being Needed

- People depend on me for stability
- I'm carrying someone else's needs alongside my own
- I'm the one people call in a crisis

Life Transitions / Invisible Weight

- I'm navigating a major life change
- I'm rebuilding after a hard season
- I'm carrying weight people don't see

Total Checks Marks

Support Level Needed:

- 0–5 Checks = Light
- 6–12 Checks = Rising
- 13–20 Checks = Strong
- 21+ Checks = High

What this tells you

- The more boxes you checked, the higher your responsibility load
- High responsibility requires adaptive wellness—not more discipline
- If what once worked doesn't work anymore, that's information—not failure
- Your responses are for your awareness. No submission required.