



**Interactive worksheet:** Balancing your mental load together

### Part 1: Set your intentions

*Begin by clarifying what you hope to achieve by addressing your mental load.*

**1. Define your objective:**

- What is your main goal for this process? (For example, to create a more equitable sharing of tasks, reduce your stress, or improve communication in your relationship.)

**2. Identify desired outcomes:**

- What positive changes would make you feel supported?
- Write down one or two outcomes that, if achieved, would help you feel more balanced and understood.

### Part 2: Document your task inventory

*Make the invisible mental load visible by listing the tasks and responsibilities you manage on a daily basis.*

**1. List daily tasks:**

- Write down all routine tasks you perform, such as household chores, scheduling appointments, managing finances, planning meals, etc.

**2. Identify emotional and cognitive work:**

- List responsibilities that involve planning, organizing, remembering important dates, or managing the emotional climate of your home.



## Part 3: Conversation Planner

Prepare for a constructive dialogue with your partner by crafting your message and planning the conversation.

### 1. Open your conversation:

- Write your own opening statement that clearly and respectfully introduces the topic.
- Example prompt: “I would like to talk about how we manage our daily responsibilities because I have been feeling overwhelmed.”

### 2. Share your experience:

- List one or two key points that explain how managing these tasks impacts you personally.
- Example prompt: “I have noticed that I carry most of the mental load, and it has been affecting my well-being. I’m not sleeping well and starting to beginning to feel resentful.”

### 3. Propose shared responsibilities:

- Draft a statement or question that invites your partner to collaborate on finding a solution.
- Example prompt: “I would appreciate it if we could review our tasks together and find ways to share responsibilities more fairly.”

### 4. Invite feedback:

- Write a sentence that shows you are open to a two-way dialogue and willing to listen.
- Example prompt: “I value your perspective and would like to hear your thoughts on how we can balance our responsibilities better.”

## Part 4: Action plan and next steps

*Transform your reflections into a concrete plan to move forward and monitor progress.*

### 1. Set boundaries and expectations:

- Identify two or three boundaries or expectations that will help distribute tasks more evenly.
- For each boundary, write down one specific action you can take immediately to put it in place.

### 2. Plan follow-up:

- Decide on a specific time to revisit the conversation and review how the changes are working.
- Outline a method for tracking changes, such as using a shared calendar, weekly check-ins, or a task management app.

### 3. Prioritize self care:

- Write down one or two self-care activities you will practice regularly to manage your stress.
- Consider whether additional support (for example, couples therapy or joining a support group) might help you maintain balance.

## Closing details

This interactive worksheet uses a task inventory paired with a conversation planner to help you articulate and share your mental load. By setting clear intentions, listing your responsibilities, and preparing a structured dialogue, you are empowered to create a more balanced and supportive relationship dynamic.

If you are interested in individual therapy, we offer compassionate, personalized care with availability for in-person sessions at our Charlotte, NC office and virtual appointments for residents of NC and SC. Every step you take toward sharing responsibilities and reducing your mental load is a step toward a healthier future, and our experienced team is here to support you along the way.