THOUGHTFUL CONNECTIONS

Counseling, LLC | Counseling with Care

THE THOUGHTFUL TOOLS COLLECTION

Carrying Less

A thoughtful toolkit for the strong one

Notice what is yours.
Share what can be shared.
Make room to receive.

Denitra L. Gaines, LPC, NCC

Personal reflection and practical exercises for adults

12 page workbook • Printable edition

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Map what you are carrying

02 / Use this page to sort one situation, not your entire life.

Think about a repeated task or commitment. Separate what you have agreed to do from what needs a shared agreement and what you cannot decide for another person.

Mine

My chosen or required responsibilities.

My notes

Shared

Work that needs an explicit agreement.

My notes

Beyond my control

Another person’s choices, feelings, or response.

My notes

Where am I treating something shared as mine alone?

Which responsibility needs a conversation or a clearer agreement?

Keep commitments that affect safety, essential needs, dependents, and work in view. A shared task becomes shared through an agreement, not through silently leaving it undone.

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