

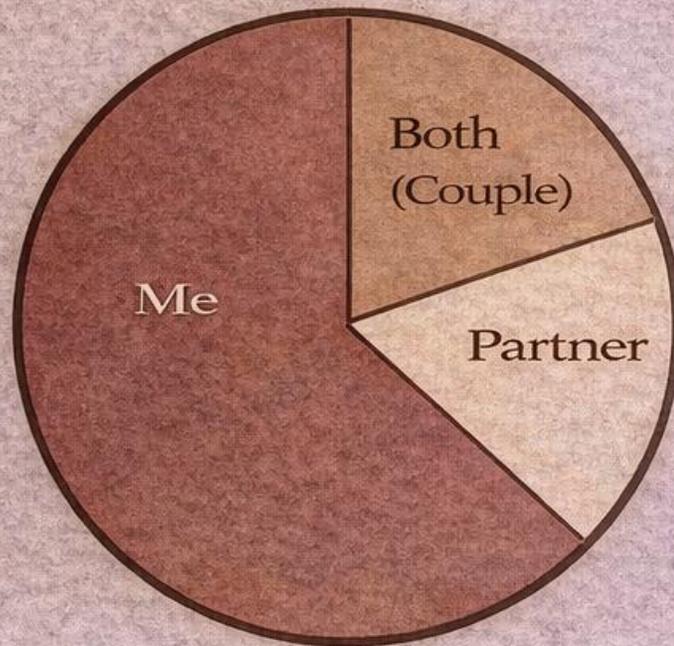
THE EMOTIONAL LOAD DISTRIBUTION CHECK

Spot weight imbalance. Evaluate and circulate too-heavy loads.

This stress belongs to:

- Me
- Partner
- Both (Couple)
- External Responsibilities

- Me
- Partner
- Both (Couple)



Who is carrying the most emotional weight right now?

Is there a neglected area in the field?

What can be released, shared, or delegated?

Love is not scale. Stability is.

Life. Understood.

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The Emotional Load Distribution Check

Are you carrying too much?

In this relationship, I am responsible for:

They are responsible for:

Shared responsibility includes:

Signs of imbalance:

- I regulate both of us
- I anticipate their moods
- I avoid expressing needs
- I feel drained after contact
- I feel obligated rather than willing

Anchor

Stability requires shared regulation.

One nervous system cannot carry two.