# Hidden Load Inventory

List the work under the work. For each kind of hidden load, write what it looks like for you, when it's heaviest, and shade how much it costs, from one circle (light) to five (heavy).

| KIND OF LOAD | WHAT IT LOOKS LIKE FOR ME | WHEN IT'S HEAVIEST | COST |
|---|---|---|---|
| **Sensory** noise, light, textures, smells | | | ○○○○○ |
| **Social** reading people, small talk, timing replies | | | ○○○○○ |
| **Executive** planning, remembering, starting, switching | | | ○○○○○ |
| **Emotional** managing feelings so others stay comfortable | | | ○○○○○ |
| **Masking** hiding stims, scripts, personas | | | ○○○○○ |
| **Invisible labor** caregiving, admin, keeping everyone on track | | | ○○○○○ |

**My most expensive hidden load**

**Who doesn't know about it yet**

*You can't lighten a load you haven't counted.*