

WELCOME!

I'm Vanity, and like many eldest daughters of color, my journey of caring for others began early. When my brother was born at just six years old, I started stepping into a caretaking role that would shape my entire life. By nine, I was managing our household while watching my brother, and at fourteen, when my sister arrived, my sense of responsibility deepened even further.

This pattern followed me everywhere. In college, I'd bring my siblings to my dorm on weekends. I eventually moved back home to provide more support, becoming a sister and a second mother—making lunches, serving as the homeroom parent, and working tirelessly to give my sister the childhood I never had.

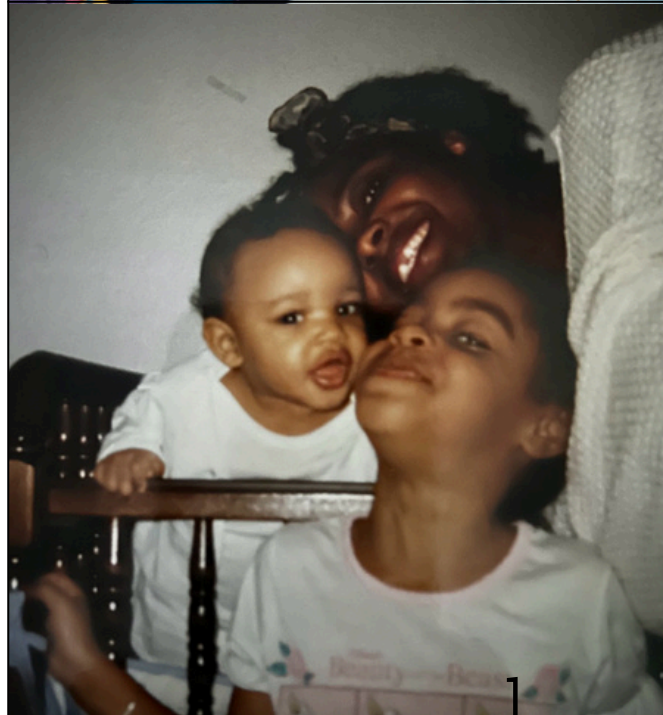
As I grew older, my responsibilities expanded. I became the financial safety net for both my siblings and my parents. I was the ever-reliable one, always saying "yes," pushing myself to exhaustion at work and home until anxiety and depression became my constant companions.

Like many eldest daughters, I briefly fantasized about someone swooping in to rescue me from these overwhelming responsibilities. But I knew the truth: no one was coming to save me. Instead of waiting for rescue, I took action. Through therapy, deep study of eldest daughter syndrome, and intensive self-coaching, I discovered a path to freedom from the burden of over-responsibility.

I hope this Responsibility Audit illuminates the invisible labor you carry and helps you become more cognizant of ways to share the load.

With Hope,

Vanity Jenkins



ASSESSMENT

RATE HOW OFTEN YOU'RE EXPECTED TO: (1-NEVER, 5-ALWAYS)

01	Know everyone's schedule	<input type="checkbox"/>
02	Cover the cost of necessities for other family members	<input type="checkbox"/>
03	Cover the cost of emergencies for other family members	<input type="checkbox"/>
04	Remember important dates	<input type="checkbox"/>
05	Anticipate family needs	<input type="checkbox"/>
06	Maintain family harmony	<input type="checkbox"/>
07	Manage family emotions	<input type="checkbox"/>
08	Keep family secrets	<input type="checkbox"/>
09	Be the "responsible one"	<input type="checkbox"/>
10	Put others' needs first	<input type="checkbox"/>
11	Figure things out alone	<input type="checkbox"/>

PART 2:
IMPACT ON YOUR LIFE

RATE EACH AREA (1-5):

TIME FOR SELF-CARE:

QUALITY OF SLEEP:

PERSONAL RELATIONSHIPS:

CAREER DEVELOPMENT:

MENTAL HEALTH:

PHYSICAL HEALTH:

PART 3: SUPPORT SYSTEM ANALYSIS

List family members and their typical roles:

NAME/RELATIONSHIP:

CURRENT RESPONSIBILITIES:

POTENTIAL TO TAKE ON MORE:

BARRIERS TO ASKING THEM:

NAME/RELATIONSHIP:

CURRENT RESPONSIBILITIES:

POTENTIAL TO TAKE ON MORE:

BARRIERS TO ASKING THEM:

List family members and their typical roles:

NAME/RELATIONSHIP

P: _____

CURRENT RESPONSIBILITIES:

POTENTIAL TO TAKE ON MORE:

BARRIERS TO ASKING THEM:

NAME/RELATIONSHIP

P: _____

CURRENT RESPONSIBILITIES:

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P: _____

CURRENT RESPONSIBILITIES:

POTENTIAL TO TAKE ON MORE:

BARRIERS TO ASKING THEM:

NAME/RELATIONSHIP

P: _____

CURRENT RESPONSIBILITIES:

POTENTIAL TO TAKE ON MORE:

BARRIERS TO ASKING THEM:

OUTSIDE SUPPORT ASSESSMENT

WHO/WHAT

HOW DO THEY SUPPORT

THERAPIST/COUNSELOR

SUPPORT GROUPS

CLOSE FRIENDS

PROFESSIONAL HELP
(HOUSEKEEPING,
CAREGIVING, ETC.)

COMMUNITY RESOURCES

OTHER ELDEST DAUGHTERS

PART 4: RESPONSIBILITY REDISTRIBUTION PLAN

Non-Negotiable Responsibilities

List responsibilities that truly must stay with you:

1.

2.

3.

4.

Responsibilities to Share

List items that could be shared with siblings/family:

Task:

Who could help:

How to approach the conversation:

Support needed during transition:

Responsibilities to Release

List items that aren't yours to carry:

Task:

Why it's not your responsibility:

Who should handle it:

Timeline for release:

PART 5: BOUNDARY SETTING FRAMEWORK



PERMISSION STATEMENTS

COMPLETE THESE STATEMENTS:

I GIVE MYSELF PERMISSION TO...

IT'S OKAY FOR ME TO...

I DON'T HAVE TO...

I CAN ASK FOR...

I DESERVE...

NEW RESPONSE SCRIPTS

CREATE RESPONSES FOR COMMON SITUATIONS:

1. WHEN ASKED TO HANDLE SOMETHING LAST
MINUTE:

2. WHEN FAMILY ASSUMES YOU'LL TAKE CHARGE:

3. WHEN SIBLINGS AVOID RESPONSIBILITY:

4. WHEN PARENTS EXPECT TOO MUCH:

5. WHEN YOU NEED TO SAY NO:

PART 6: SELF-CARE INTEGRATION

RECOVERY PRACTICES LIST ACTIVITIES THAT HELP YOU RECOVER FROM:

EMOTIONAL LABOR:
FAMILY STRESS:
DECISION FATIGUE:
CAREGIVER BURNOUT:

[Empty yellow box for listing recovery activities]

IDENTIFY PEOPLE WHO CAN SUPPORT YOU IN:

EMOTIONAL PROCESSING:
PRACTICAL HELP:
EMERGENCY BACKUP:
FUN/RELAXATION:

[Empty yellow box for identifying support people]

PART 8: REFLECTION

TAKING A FEW MOMENTS EACH MONTH TO REFLECT ON YOUR LIFE CAN BE A POWERFUL PRACTICE.

What eldest (or only) daughter patterns am I ready to release?

What would change if I didn't handle everything?

What support do I wish I had as a child that I can give myself now?


How might my family grow if I step back (remember, your family members are all adults)?

What would I do with more time and energy for myself?

Thank
You

BECAUSE IF WE DON'T
PRIORTIZE US, WHO WILL?

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