

THE ENGINE ROOM

Greg Kovacs, PhD

The Relational Audit

A Systemic Diagnostic

Subject: Your Relational Audit Diagnostic

In high-performance partnerships, the "engine" often redlines not because of a lack of love, but because of an unsustainable distribution of labor. To move toward the **Optimization Phase** of our work together, we must first establish an objective baseline of your current domestic and emotional infrastructure.

Attached is **The Relational Audit**. This is a proprietary systemic diagnostic designed to move your conversation from subjective "feelings" to objective operational data.

How to Complete the Audit:

- **Work Independently:** Please print two copies and complete the audit silently and separately. Do not consult each other during this phase; the goal is to capture your individual perceived realities.
- **Use the 1-5 Scale:** Rate each task based on your actual contribution over the last 30 days. Be radically candid. A "5" is not a badge of honor, and a "1" is not a failure—they are simply markers of where the labor currently sits.
- **The Goal is Alignment:** We are looking for "The Gap"—areas where your scores differ. These discrepancies represent the "Invisible Labor" and "Decision Fatigue" that are likely draining your partnership's bandwidth.

The Four Stages of Labor

As you complete the **Household Infrastructure** and **Social Capital** sections, remember that "work" isn't just the physical execution. It includes:

- **Anticipating** the need before it becomes a crisis
- **Identifying** exactly what needs to be done
- **Deciding** on the solution
- **Monitoring** the task to completion

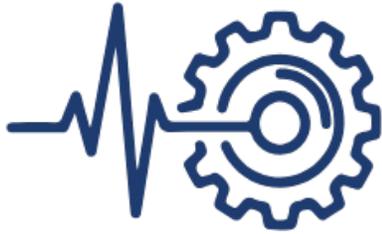
We will use your audit results to begin formalizing your first Domain Ownership Contracts.

Talk soon,

Greg Kovacs

Dr. Greg Kovacs, PhD The Engine Room™ | Relational Science for High-Achievers

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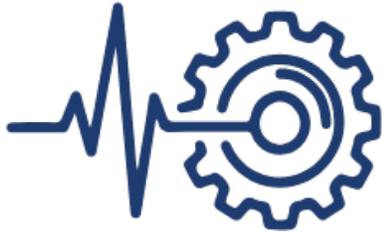
Participant Instructions:

Independently assign a value from 1 to 5 for each task based on your perceived contribution.

Score	Meaning
5	Sole Responsibility: I own this task completely.
4	Primary Responsibility: I do the majority of the work.
3	Equal Split: We share the load 50/50.
2	Support Role: I help out when asked.
1	No Responsibility: My partner handles this entirely.

Household Infrastructure (The Logistics Load)

	Description	My Score	My Partner's Score	Sum	Gap (Largest Minus Smallest)
1	Monitoring food inventory, planning the menu, and making the grocery list.				
2	Scheduling repairs, booking professionals, and remembering when maintenance is due.				
3	Tracking RSVPs, buying birthday gifts, and maintaining contact with extended family.				
4	Paying bills, tracking the budget, managing subscriptions .				
5	Scheduling doctor visits and tracking follow-up care.				
6	Managing shared passwords, cloud storage, and device updates.				
7	Noticing when essential items like toilet paper, shampoo, garbage bags, or dish soap are running low before they run out.				
	Total				



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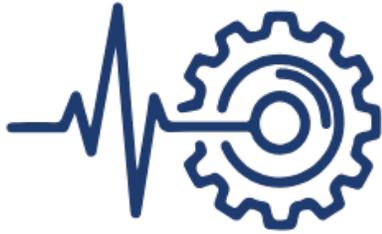
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Social & Family Capital (The Emotional Infrastructure)

	Description	My Score	My Partner's Score	Sum	Gap (Largest Minus Smallest)
8	Noticing when a family member is struggling emotionally before a "meltdown" occurs.				
9	Researching schools, summer camps, and age-appropriate extracurriculars, and monitoring clothing needs, haircuts				
10	Navigating conflict between the children or between your partner and extended family.				
11	Taking photos, organizing albums, and ensuring milestones are celebrated.				
12	Leading conversations about family values, screen time boundaries, and discipline.				
13	Interfacing with schools, knowing teachers' names, and monitoring school supplies or permission slips.				
14	Who usually notices the distance and initiates physical or emotional connection?				
15	Who usually initiates a "debrief" or apology after a fight?				
16	Planning date nights or quality time				
Total					



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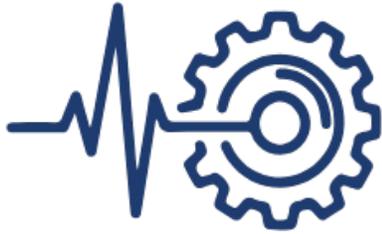
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Intimacy & Vision (The Core Power)

	Description	My Score	My Partner's Score	Sum	Gap (Largest Minus Smallest)
14	Who usually notices the distance in our relationship and initiates physical or emotional connection?				
15	Who usually initiates a "debrief" or apology after a fight?				
16	Planning date nights or quality time				
Total					



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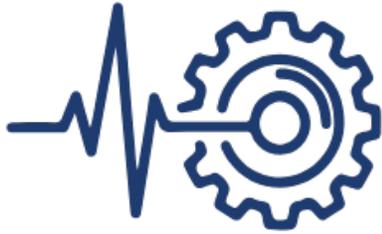
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	Description	My Score	My Partner's Score	Sum	Gap (Largest Minus Smallest)	
Physical Labor (The Execution Load)	17	Vacuuming, washing dishes, cleaning the bathroom, and taking out the trash.				
	18	Going to the grocery store and cooking meals.				
	19	Washing, drying, folding, and ironing clothes.				
	20	Feeding, bathing, dressing, and putting children to bed.				
	21	Driving children to school, camps, or extracurricular activities				
	22	Reading to children, playing with them, and attending their events.				
	23	Outdoor maintenance (such as lawn care) and automotive repair				
Total						



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Individual Score Interpretation Guide

Individual scores represent your subjective reality. They track where your actual time and energy are spent and reflect your **cognitive burden**.

Scores of 4 or 5 | The "Project Manager" Profile

- **Meaning:** You have **Primary or Sole Responsibility** for this domain. You are likely carrying 100% of the cognitive load—anticipating the need before it becomes a crisis and monitoring it to completion.
- **Systemic Risk:** This leads to **Decision Fatigue**. Even if the physical labor is shared, the mental "tab" always being open in your brain prevents neurological downregulation and intimacy.

Scores of 1 or 2 | The "Contractor" Profile

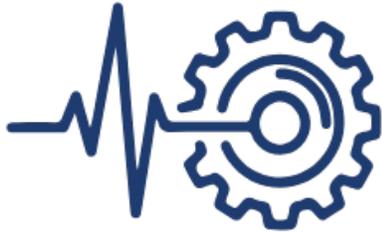
- **Meaning:** You are in a **Support Role** or have **No Responsibility**. You may "help out" when asked, but you are waiting for a prompt.
- **Systemic Risk:** You are effectively "outsourcing" the cognitive labor to your partner. While this may feel efficient for you, it creates a "Manager-Employee" dynamic that erodes the peer-level partnership required for a high-performance relationship.

Score of 3 | The "Shared Load" Fallacy

- **Meaning:** You perceive an **Equal Split**.
- **Clinical Insight:** While 50/50 sounds ideal, in high-stakes households, "Shared" often means **"Unowned."** If both partners are responsible for Anticipating and Monitoring, you create "Systemic Noise"—redundant effort or, conversely, tasks that drop through the cracks because ownership was never explicitly assigned.

Combined scores, **analyzed next**, are more important than individual scores. That's because relationships function as a single unit. The **"Combined Score"** is the only metric that reveals the health of the partnership's infrastructure.

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Combined Score Interpretation Guide

The most critical data point in **The Engine Room™** framework is the discrepancy (The Gap) between your independent scores.

Both 1s or Both 5s | "The Alignment"

If you both score yourselves as a "5," you are clashing over the same "Leaking Pipe". This causes friction because two managers are trying to run the same department.

Partner A: 5/Partner B: 3 | "The Blind Spot"

If you own a task completely (5) but your partner thinks it's shared (3), your **Invisible Labor** is entirely recognized. This is a primary source of chronic resentment.

Both 1s or 2s | "The Systemic Void"

This is a "dead zone" in your infrastructure where no one is anticipating the need. These are the areas where "crises" typically occur.

Fixing the "Leaking Pipe"

Interpret your results through the lens of Systemic Sustainability, not personal failure.

Your Immediate Objective

Identify one task where you have a gap of 2 points or more. This is your "Leaking Pipe" for the week. Instead of asking for "more help," negotiate Full Ownership—where one partner takes over the **Anticipating, Identifying, and Monitoring** of that task to offload the other's cognitive engine.

The next step is to formalize a **Domain Ownership Contract** to transfer the invisible labor and close the 'mental tabs' that are draining your system.