

Supplemental Worksheet

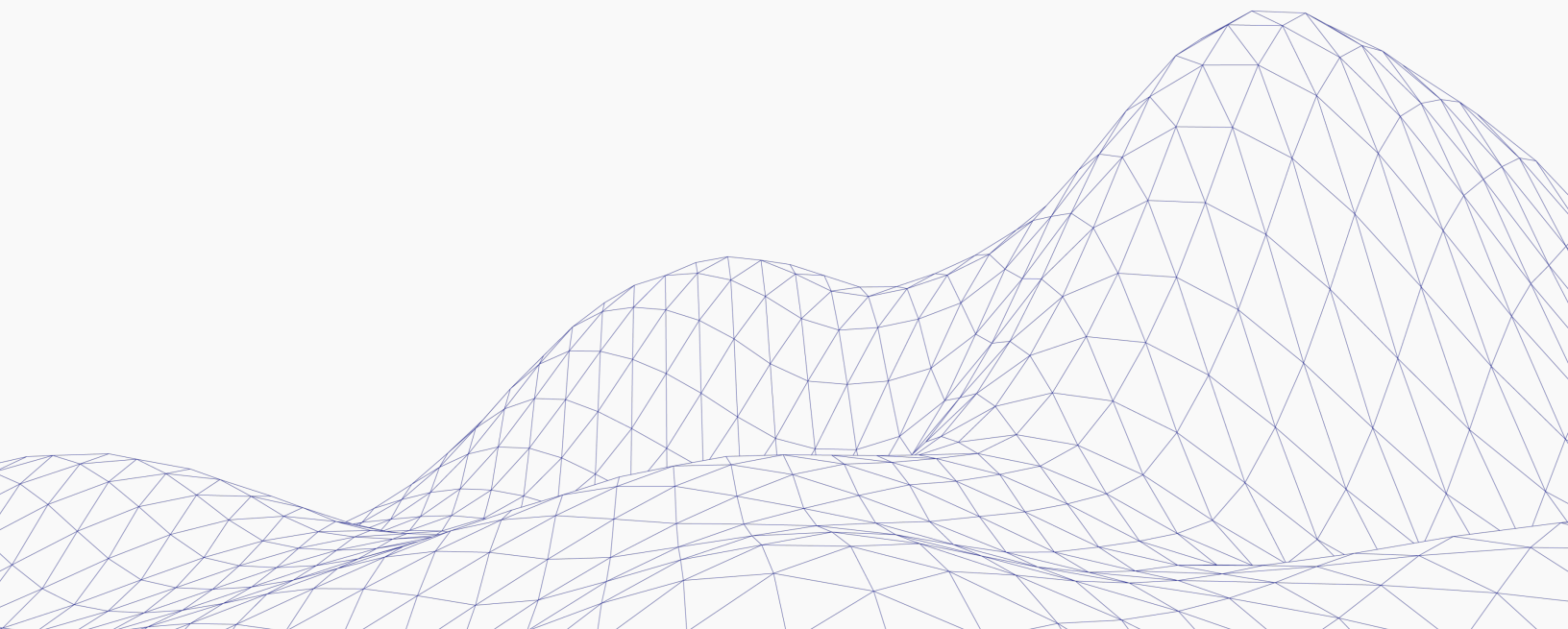
The "Appreciation Injection" Log

# The Relational Audit™

A Systemic Analysis of  
Domestic Equity

Parental Subsystem Scale (RA-PSS)

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## Supplemental Worksheet:

### The "Appreciation Injection" Log

When a partner's labor goes unwitnessed, it ceases to feel like a contribution and begins to feel like a debt, which is the primary driver of chronic resentment. Even with high **Capacity Percentages (Gross Labor Output)**, a robust economy of gratitude acts as a "relational shock absorber" to prevent the workload from breaking the system.

**Instructions:** For the next 7 days, your goal is to mathematically boost your **Economy of Gratitude**. You must actively hunt for the invisible labor your partner performs and explicitly acknowledge it.

#### Part 1: Tracking the Invisible Load

**Acknowledge the Cognitive Score (The Manager's Load):** Notice one thing your partner planned, remembered, or tracked today (e.g., scheduling an appointment, realizing you were out of milk).

- I saw that you remembered to: \_\_\_\_\_

**Acknowledge the Physical Score (The Laborer's Load):** Notice one physical task your partner executed today that made your life easier.

- I felt supported when you: \_\_\_\_\_

**Part 2: The Weekly Alignment.** At the end of the week, share these logs.

The Check-In: "Did my appreciation this week help close the Witness Gap? Do you feel more "seen" in your daily efforts?"

## The Science of the "Relational Shock Absorber"

In the domestic ecosystem, sheer workload rarely breaks a partnership on its own; rather, the system breaks when the work is invisible. When daily labor goes unwitnessed by your partner, it ceases to feel like a mutual contribution and begins to feel like a debt; this is the primary driver of chronic resentment. By actively tracking and expressing gratitude for the unseen work your partner handles, you are building a robust "Economy of Gratitude." This active appreciation serves as a powerful "relational shock absorber" against the stress of your daily logistics. Ultimately, high levels of validation successfully decouple labor from resentment, allowing your partnership to sustainably handle a higher capacity of work without redlining.

***"Resentment isn't fueled by the chores you do; it's fueled by the work your partner doesn't see."***