

Emotional Clutter Map

Brain dump the invisible weight

Things I am carrying that no one can see:

Sort by ownership

- Mine: feelings, choices, needs, repair.
- Shared: effort, truth, logistics, conversation.
- Not mine: guilt, rescue, roles, other people's consequences.

Emotional Clutter Map

Choose one release

The not-mine item I can stop carrying this week is...

The shared item I can stop handling alone is...

The space I want back is...