

What Is This Choice *Costing* Me?

Most of our everyday habits give us something we need. Many also take something in return, quietly enough that we stop noticing the trade.

THE CHOICE AND WHAT IT GIVES ME

1

Staying quiet in a disagreement
gives me: **Things stay calm**

— *but* —

WHAT IT QUIETLY COSTS

Resentment that builds over time

2

Saying yes to every request
gives me: **I'm seen as helpful**

— *but* —

Rest, and time for what matters to me

3

Reaching for my phone when I feel uneasy
gives me: **Instant distraction**

— *but* —

Being present with what I actually feel

4

Doing everything myself
gives me: **Control; it's done "right"**

— *but* —

Exhaustion, and letting others show up

5

Hiding how I'm really doing
gives me: **I don't feel like a burden**

— *but* —

Support and real connection

6

Staying busy all the time
gives me: **I feel productive**

— *but* —

Noticing what I need

Am I paying this cost *on purpose*, or out of *habit*?

YOUR TURN

Weigh one of your own

A choice I make often: _____

What it gives me: _____

What it costs me: _____

Going forward, I'll

Not every cost is a problem

Some trade-offs protect you, keep you safe, or reflect what you value most. The goal isn't to avoid every cost. It's to see what you're trading, so you can choose it with your eyes open.

*Noticing the cost doesn't mean you have to change anything.
It means the choice is truly yours.*

