



The Strong One Checklist

Self-Check for Hidden Responsibility Patterns

Check the statements that apply to you:

☐

I feel responsible for keeping things together

☐

I step in quickly when something goes wrong

☐

I feel uncomfortable asking others for help

☐

I often take care of others before taking care of myself

☐

I struggle to relax without feeling guilty

☐

I fix problems before others notice them

☐

I feel responsible for how others feel

☐

I take on more responsibility than others expect

☐

I feel needed most during times of crisis

☐

I feel tired but continue pushing forward anyway

☐

I have been described as dependable or strong most of my life

☐

I find it difficult to say no

Score Reflection

How many did you check?

0–3

You may step into responsibility occasionally

4–7

Responsibility may be a familiar role

8–12

You may be carrying more than expected

Reflection Prompt

Which of these statements stood out to you the most?

Are You the Strong One?

Many strong ones don't recognize how much responsibility they've been carrying — because it became normal early in life.

Strength-Based Reframe

 Important Reminder:

If you checked many of these boxes, it doesn't mean something is wrong with you. It often means you learned to become strong because strength was necessary.

Many strong ones developed resilience, leadership, and awareness — not by choice, but by experience.

Your strength didn't develop by accident — it developed because it was needed.

Reflection Notes

Use this space as a beginning for your exploration. Do you have a memory of when you first felt responsible? Any responsibilities you carried that felt bigger than your age at the time? OR, simply write what comes to mind.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins or other markings on the paper.