

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

The Agency Audit

My mother kept a sign on the refrigerator: *Never do for your children what they can do for themselves.* It was never lectured about; it was just there, and by the time I was grown it had sunk in. This worksheet is that sign turned into an inventory — what you're carrying that your children are ready to hold, where the rescue reflex lives in you, and what kind of adult all of this is aimed at. Do it per child, because the answers differ more than you'd expect.

Child's name and age: _____

Part One — *The carry list.* List everything you currently do for this child in an ordinary week — wake-ups, lunches, reminders, laundry, scheduling, smoothing over, apologizing on their behalf, finishing what they started. Be exhaustive; the length of the list is the point: _____

Now mark each item: C for "they genuinely can't yet," L for "they're learning and need me nearby," and W for "they can, and I'm doing it anyway." Count your W's: _____

For each W, the honest follow-up — what doing it for them is quietly costing: it sends the message I don't believe they'll follow through, it spares me the mess, it's faster, it protects my image of being a good parent: _____

Pick one W to hand over this month. The task: _____

How I'll train first — doing it together until they own the standard, the way you'd teach reading or bike-riding, not just assigning it: _____



Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

The date I step back: _____

What I will tolerate while they learn (a worse result, a slower pace, dishes in the sink longer than I like):

Part Two — *The rescue reflex.* The instinct to rescue is powerful, and it has tells. Mine show up when their struggle reflects on me, when I'm tired enough that fixing is faster, and when the discomfort in the room belongs to them but lands in my chest. Yours: _____

The replacement move, the one that changed things in our house: instead of offering a solution, ask "*What's your plan?*" — and then sit through the silence while they actually think. The situation this week where I'll try it: _____

What happened, and whose solution was better: _____

Part Three — *They are not extensions of us.* Where might I be shaping this child into a version of myself — the activities I push, the timeline I believe in, the temperament I keep trying to correct rather than understand? _____



Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI



www.YourPossibleHome.com

What I once read as a flaw in them that might be wiring: stubbornness that's actually determination, distraction that's actually creativity working in a different gear: _____

Part Four — *The longer question.* What kind of adult am I raising? Someone who waits to be told what to do, or takes initiative? Someone who runs from difficulty, or sits with discomfort long enough to grow through it? Write the sentence that describes the twenty-five-year-old you're aiming at: _____

And the reminder I keep on my own phone, set as a daily alarm during the hardest seasons: *My job is to love and not fix.* Where yours will live: _____

Optional AI prompt: My child is [age] and here's what they currently handle themselves and what I still do for them: [paste your carry list]. What responsibilities do other families typically hand over at this stage? Not to pile on more — to show me what I might be holding onto that they're ready for. Then help me plan the training period for the one I choose, including what's reasonable to expect in the first month.

