

Therapist Energy Audit

A shorter, fillable worksheet for noticing visible and invisible energy demands - without turning capacity into another performance measure.

Use this as a snapshot, not a score. Complete only what is useful. Energy cost can change from day to day, and a task can look small while carrying a high sensory, social, cognitive or emotional load.

1. Capacity snapshot

Right now, my available capacity feels:

- ☐ Very limited ☐ Limited ☐ Mixed ☐ Steady ☐ Plentiful

What is already using energy before client work begins?

2. What is using energy?

Tick anything that is noticeable today. Add your own if needed.

VISIBLE DEMANDS

- ☐ Client sessions / groups
- ☐ Notes, reports or letters
- ☐ Admin, email or scheduling
- ☐ Supervision / meetings
- ☐ Travel / room setup
- ☐ Practice management

LESS VISIBLE DEMANDS

- ☐ Masking or social monitoring
- ☐ Sensory filtering
- ☐ Context switching
- ☐ Uncertainty / anticipation
- ☐ Emotional attunement
- ☐ Self-advocacy / explaining needs

Something else I want to name:

Follow the energy

Choose the demands with the biggest cost. The aim is to understand what makes them heavy and what changes the load.

3. Map up to three high-cost demands

Demand 1

What is taking energy?

What makes it heavier?

What helps / reduces the cost?

Demand 2

What is taking energy?

What makes it heavier?

What helps / reduces the cost?

Demand 3

What is taking energy?

What makes it heavier?

What helps / reduces the cost?

4. Session rhythm check

Where do you most need a little more space?

☐ Before sessions

☐ Between sessions

☐ After sessions

☐ At the end of the day

What would make that space more restorative or less demanding?

Notice the pattern

Look for early signs, recovery needs and conditions that help you stay within a more sustainable range.

5. Early signs that my capacity is dropping

- | | |
|---|--|
| ☐ More effort to find words | ☐ Harder transitions |
| ☐ Irritability or emotional thinning | ☐ More masking / scripting |
| ☐ Slower notes / admin | ☐ Difficulty making decisions |
| ☐ More sensory sensitivity | ☐ Needing longer to recover |

My own early signs:

6. What genuinely helps me recover?

- | | |
|--|---|
| ☐ Silence / lower sensory input | ☐ Movement / changing posture |
| ☐ Food / hydration | ☐ Time without conversation |
| ☐ Predictable transition ritual | ☐ Leaving some tasks until later |

Something I need more permission to do:

A condition that helps me work sustainably:

Make one useful change

Choose a small experiment. The goal is not optimisation - it is a better fit between your energy, your work and your environment.

7. My adjustment menu

PROTECT

What already helps and should stay?

REDUCE

What can be smaller, fewer or less frequent?

REDESIGN

What could be done differently?

REQUEST

What support or adjustment could I ask for?

RECOVER

What recovery needs protecting?

8. My 7-day experiment

One change I will try:

I will know it is helping if:

9. Optional supervision prompt

What am I currently asking my nervous system to absorb that my diary does not show?

Keep what is useful. Ignore what is not. This worksheet is for reflection and supervision, not diagnosis, fitness-to-practise assessment or measuring professional competence.