

Sibling Caregiver Boundary Scripts + The Fair Share Calculator

Making invisible labor visible – scripts to say it out loud and the math to make it undeniable

Landing

If you're the one who always shows up, this is for you. Maybe it started with one small thing – a ride, a reminder, a "you're better at this than me." Years later, you're the default. The calendar lives in your head. The appointments, the meds, the phone calls with the doctor – they all run through you while your siblings live their lives. It's not that they're bad people. It's that nobody made the labor visible. This guide gives you two things: the scripts to say it out loud, and the math to make it undeniable.

- **6 boundary scripts – from the gentle ask to the group text**
- **The Fair Share Calculator, step by step**
- **Your Turn fill-in sheet to bring to the family conversation**
- **3 reflection prompts**

Script 1: The Gentle Stop

I love being there for [person]. But I've noticed I'm the only one carrying [specific responsibility], and it's starting to weigh on me. I'm not asking anyone to read my mind – I'm telling you now, out loud.

- **Why it works:** It leads with love, names one specific thing, and refuses the mind-reading trap.

Script 2: The Fair Share Ask

I've been tracking what care actually takes for a while now, and I'd like to show you the numbers. I'm not asking you to do everything – I'm asking for a fair share. Can we look at this together?

- **Why it works:** Invites collaboration instead of accusation. The calculator does the heavy lifting.

Script 3: "Mom Called, You Didn't Answer"

When Mom called, I was the one who picked up – again. I'm not keeping score to make you feel bad. I'm saying the pattern isn't working for me anymore, and I need us to share it.

- **Why it works:** Names the moment without weaponizing it.

Script 4: "You Were Always the Responsible One"

That's the story we grew up with, but it's not a job I agreed to do alone. I'd rather we both show up than one of us burn out.

- **Why it works:** Gently dismantles the family role without shaming the person who assigned it.

Script 5: Declining the Guilt Trip

I hear that you're upset. I'm still not going to take on [task] by myself this time. If it matters to you, let's figure out how we do it together.

- **Why it works: Validates the feeling, holds the boundary, offers a path forward.**

Script 6: The Group Text

Hey everyone. I've been coordinating most of the care stuff and I'm hitting my limit. I put together a simple breakdown of what's involved and what a fair split could look like. Can we each pick something by Friday?

- **Why it works: Makes it public, makes it fair, and gives everyone an easy way in.**

Step-by-Step

- List all care tasks – appointments, meds, meals, cleaning, calls, logistics. Everything you do, even the five-minute things. Especially the five-minute things.
- Estimate hours per week for each task. Be honest. Include the mental load – the remembering, the scheduling, the worrying.
- Assign an hourly rate. \$25/hour is conservative for home care. If you had to pay a stranger to do this, that's roughly what it would cost.
- Total monthly value = hours × \$25 × 4.3 (weeks per month).
- Divide among siblings equally. This is the fair share, per person.
- Compare each sibling's contribution (time + money) to that fair share.

The gap is the invisible labor, made visible.

Why the math matters

Data is harder to dismiss than feelings. When you say "I'm doing too much," it sounds like an opinion. When you say "I'm contributing \$1,400 a month in care labor and the fair share per sibling is \$450," it sounds like a fact. The calculator turns exhaustion into a number – and numbers are something a family can actually respond to.

Fill This In

- Monthly care value: \$
- Fair share per sibling: \$\
- Your contribution: \$ (time) + \$ (money)
- Gap: \$

Bring This to the Conversation

- **Print this page or save it on your phone**
- **Pick the one sibling most likely to listen first**
- **Start with Script 2, not the calculator**
- **Get one agreement, even a small one, before moving on**
- **One important note: You can do everything right and still not get the response you hoped for. That doesn't mean you were wrong to ask. It means the family system is doing what it's always done. Your job is to speak the truth clearly, not to make them hear it.**

Reflection Prompts

- **Which task did you almost leave off the list because it felt "too small to count"? Add it back. It counts.**
- **What would you do with the time you'd get back if the load were shared? (That's the "why" that will keep you going.)**
- **Who in your family is most likely to say yes first? How can you make it easy for them?**

Keep Close

- **/blog/invisible-sibling**
- **/blog/i-was-the-familys-infrastructure**
- **/blog/boundaries-feel-like-betrayal**
- **Remember: You are not the only one who can do this. You were just the one who got asked first. Asking for a fair share isn't selfish – it's the thing that keeps you from becoming someone who can't help at all.**

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