

Our Home Our Team Couples Workbook

A gentle way to use this resource

Begin anywhere. Read one section at a time, choose only what fits, and skip, adapt, pause, or stop as needed. Try one practice before adding another. Reflection is an invitation, not a requirement.

Created by Michelle D. Elder, MSW, LMHC | My Reflective Collective

Educational wellness material. Not therapy, diagnosis, medical advice, crisis care, or a substitute for individualized professional support.



Before you begin

Take a moment to notice where you are starting. There is no correct answer and no requirement to complete every prompt.

What is most present?	What would feel supportive?
[ ] Tension or restlessness [ ] Heavy emotion [ ] Numbness or shutdown [ ] Racing thoughts [ ] Low energy [ ] Something else: _____	[ ] More steadiness [ ] More clarity [ ] Comfort or rest [ ] A practical next step [ ] Connection or support [ ] Something else: _____

A simple rhythm

1. Notice	Name what is happening without judging it.
2. Choose	Select one prompt or practice that fits your energy and circumstances.
3. Try	Use it gently for a clear amount of time. Smaller still counts.
4. Check	Notice whether you feel even slightly steadier, clearer, safer, or less alone.

Low-energy option

Read only the headings. Circle or note one sentence that feels useful. Then choose one action that takes five minutes or less. You can return later; stopping is allowed.

A trauma-informed educational wellness worksheet for reflection, choice, self-care, and support.

Use this at your own pace. Skip, adapt, pause, or stop. You are allowed to choose what fits your body, culture, privacy, energy, safety, access needs, and real-life limits today.

A printable reflection and practice resource

OUR HOME, OUR TEAM

A Couples Household Balance & Connection Workbook

Sharing the household - Reducing resentment - Building routines that work A shared aim The goal is not to keep score.

The goal is to create a system where both people feel seen, respected, supported, and responsible for the life they are building together.

A healthy household does not have to be divided 50/50 every single day to be fair. Sometimes one person has more time or energy. Sometimes one person is better at certain tasks. Sometimes life gets hard and a partner temporarily carries more.

PAUSE - REFLECT - COMMUNICATE - PRACTICE

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HOW TO USE THIS WORKBOOK

-] Choose a calm time - not the middle of an argument. [ ] Complete personal reflections separately, then compare.
-] Work one section at a time; you do not need to finish today. [ ] Use curiosity, take breaks, and return when both people feel regulated.

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PART 1

What Does "Fair" Mean to Us?

_____

_____

Complete these reflections separately first, then compare your answers with curiosity.

When I think about a fair household, I imagine:

Growing up, household responsibilities in my home were:

Something from my childhood household that I WANT to bring into our home:

Something I DON'T want to repeat:

I tend to feel resentful around household responsibilities when:

Something my partner does around our home that I appreciate:

One thing I wish my partner understood about my stress, energy, schedule, or

responsibilities:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

1. Settle: Put both feet down, soften your shoulders, and take one slower breath.

Silently notice: What am I feeling? Where do I feel it in my body? What do I need right now?

_____

_____

2. Self-reflection: What answer from my partner do I want to understand better -

without correcting or defending?

3. Together: Take turns sharing for one minute. The listener does not fix or

defend; reflect back, "What I hear you saying is..." Then ask, "Did I understand you?"

4. Reconnect: Each person names one thing they appreciate and one small,

specific request for moving forward.

Supportive practice: Reflect back what you heard before explaining your own view.

Conversation Readiness

-] I can listen without interrupting. [ ] I can speak without insults or threats.

-] I can take a break if I become flooded. [ ] I can look for a shared solution, not a winner.

One intention I want to bring into this conversation:

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PART 2

The Invisible Household

Running a household involves much more than cleaning. For each area, discuss: Who notices it? Who plans it? Who usually does it? Who follows up? Who should own it going forward?

_____

_____

Cleaning & Home Care

-] Dishes [ ] Loading/unloading dishwasher

-] Kitchen counters [ ] Cleaning refrigerator

-] Bathrooms [ ] Toilets

-] Showers/tubs [ ] Vacuuming

-] Sweeping [ ] Mopping

-] Dusting [ ] Laundry

-] Folding clothes [ ] Putting clothes away

-] Changing bedding [ ] Taking out garbage

-] Recycling [ ] Decluttering

-] Seasonal/deep cleaning

Other:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

_____

_____

2. Self-reflection: Which three cleaning or food tasks create the most friction, and

which three matter most to our daily comfort? understand you?" Supportive practice: Prioritize impact. A workable baseline is often better than an ideal that no one can sustain.

Food & Kitchen

-] Meal planning [ ] Checking what food is needed

-] Making grocery lists [ ] Grocery shopping

-] Putting groceries away [ ] Cooking

-] Packing lunches [ ] Cleaning after meals

-] Tracking leftovers [ ] Replacing household staples

Other:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

_____

_____

2. Self-reflection: Are any family or administrative tasks assigned by habit,

gender expectations, or "whoever remembers"? What would a more intentional choice look like?

_____

_____ understand you?"

Supportive practice: Consider the full task: noticing, planning, doing, and following up.

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PART 2

The Invisible Household - Continued

Money & Administration

-] Paying bills [ ] Budgeting
-] Tracking spending [ ] Managing subscriptions
-] Insurance paperwork [ ] Taxes/documents
-] Scheduling appointments [ ] Handling mail
-] Household purchases [ ] Remembering due dates

Other:

Children & Family Responsibilities (if applicable)

-] Morning routines [ ] Bedtime routines
-] School communication [ ] Homework
-] Transportation [ ] Activities/sports
-] Medical appointments [ ] Clothing/shoes
-] Childcare arrangements [ ] Birthday planning
-] Emotional support [ ] Discipline/parenting decisions
-] Remembering school events [ ] Forms/permission slips
-] Communication with extended family

Other:

Pets

-] Feeding [ ] Water
-] Walking/exercise [ ] Litter/yard cleanup
-] Grooming [ ] Vet appointments
-] Medication [ ] Purchasing supplies

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

_____

_____

2. Self-reflection: Which of these responsibilities can only one person currently

perform because information, access, or routines are not shared? understand you?" Supportive practice: Share passwords, provider details, schedules, and instructions so backup support is truly possible.

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PART 2

The Invisible Household - Continued

Home Maintenance

-] Yard work [ ] Snow removal

-] Repairs [ ] Vehicle maintenance

-] Changing filters/batteries [ ] Seasonal maintenance

-] Calling repair professionals [ ] Tracking supplies

-] Home safety/security

Other:

The Mental Load

Who usually remembers these things? Add initials or notes beside each item.

-] We are almost out of toilet paper. [ ] The dog needs medication.

-] A bill is due. [ ] The child needs something for school.

-] Someone's birthday is coming. [ ] The refrigerator needs groceries.

-] An appointment needs to be scheduled. [ ] The sheets have not been changed.

-] Something in the house needs repairing. [ ] Plans are needed for the weekend/holiday.

STOP & REFLECT The invisible work of noticing, anticipating, deciding, and following up is still work.

Who is carrying most of the "remembering"?

_____
_____ Is one person doing tasks while the other person is managing the tasks?

_____
_____ What invisible responsibilities have we overlooked?

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: If the remembering were visible on a calendar, list, or shared

app, what would surprise us? understand you?" Supportive practice: Externalizing reminders can reduce one partner becoming the household reminder system.

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PART 3

Divvy It Up

Instead of automatically splitting everything 50/50, consider four factors.

1. TIME Who currently has more available time?

2. ENERGY Who has more physical or emotional capacity right now?

3. PREFERENCE Are there tasks one person genuinely dislikes less?

4. STRENGTHS Does one person naturally handle certain responsibilities better?

Our Household Plan

Household area Primary person Backup person How often?

Meals

Dishes

Laundry

Bathrooms

Floors

Garbage

Groceries

Bills

Pets

Children

Yard/Home

Scheduling

Other

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: Does each primary person have true ownership, or will

someone else still need to notice, delegate, and remind? understand you?" Supportive practice: Name a backup plan for unusually busy weeks so asking for support feels normal, not like failure.

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PART 4

Different Systems Can Both Be Healthy

There is no single "correct" way to divide a household. Choose or combine models that fit your actual lives.

MODEL A - 50/50 Both partners divide most responsibilities relatively evenly.

Example: One cooks while the other cleans. One does bathrooms while the other does floors. Laundry alternates weekly.

Works well when: schedules and capacity are relatively similar.

MODEL B - OWN Each person completely owns certain areas.

YOUR ZONE Example: Partner A owns laundry, groceries, bathrooms, and school communication. Partner B owns cooking, dishes, yard, garbage, and vehicle maintenance.

Ownership: Notice fi Plan fi Do fi Follow Through. This reduces "Can you remember to...?" MODEL C - Responsibilities change with life. This month might be 60/40. During illness, school, CAPACITY-BASED pregnancy, grief, deadlines, overtime, disability, caregiving, or another difficult season, it may temporarily become 80/20. Later, it may shift again.

Fair does not always mean equal. Fair can mean responsive.

MODEL D - TASK Each partner chooses responsibilities based on preference.

TRADE

I hate / my partner does not mind:

My partner hates / I do not mind:

Tasks we could trade:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: Which model feels most realistic for this season - and when will

we review it? understand you?" Supportive practice: A household system is an experiment, not a permanent verdict about either partner.

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PART 5

The Resentment Check

Rate each statement: 0 = Never | 1 = Rarely | 2 = Sometimes | 3 = Often | 4 = Very Often 0 1 2 3 4 I feel like I have to remind my partner. 0 1 2 3 4 I feel responsible for noticing what needs to happen. 0 1 2 3 4 I feel like my contributions are not noticed. 0 1 2 3 4 I feel criticized for how I complete tasks. 0 1 2 3 4 I sometimes avoid chores because I feel overwhelmed. 0 1 2 3 4 I feel like my partner has more downtime than I do.

0 1 2 3 4 I feel guilty when I rest. 0 1 2 3 4 I feel like I am "parenting" my partner. 0 1 2 3 4 I feel like my partner keeps score. 0 1 2 3 4 Household conversations sometimes turn into arguments.

The resentment underneath the chore may actually be:

-] I do not feel appreciated. [ ] I do not feel considered.

-] I am exhausted. [ ] I do not feel respected.

-] I feel controlled. [ ] I feel criticized.

-] I feel taken for granted. [ ] I feel alone in managing our life.

-] I need more rest. [ ] I need more predictability.

-] I need my partner to take initiative. [ ] Something else: _____

What I really need my partner to understand is:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: Before problem-solving, can each of us name one feeling, one

need, and one specific request? understand you?" Supportive practice: Use "I notice / I feel / I need / Would you be willing to...?" Keep requests concrete and time-limited.

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PART 6

Make It Easier to Actually Do the Thing

Knowing what needs to happen does not automatically create motivation. Instead of relying only on motivation, build systems.

HABIT STACKING Attach a household task to something already happening.

After morning coffee fi unload the dishwasher.

After dinner fi do a 10-minute kitchen reset.

Before an evening shower fi start one load of laundry.

My habit stack: After I _____, I will _____.

THE 10-MINUTE Set a timer for 10 minutes. Both partners clean at the same time. No criticism, RESET directing, or expectation of perfection. Ask: "How much can we reset together in

ten minutes?" BODY DOUBLING Tasks may be easier when someone else is nearby. Put on music, a podcast, or an audiobook and work together, even on different chores. "You do laundry. I'll do dishes. Meet you on the couch in 20 minutes." LOWER THE Instead of "Clean the kitchen," try "Put away five things." Instead of "Do all the STARTING BARRIER laundry," try "Start one load." Starting often creates momentum.

ENVIRONMENTAL Keep supplies where they are used. Place the laundry basket where clothes are CUES dropped. Keep bags near the garbage. Use recurring reminders, a shared calendar, or a visible reset list. Make frequently used supplies easy to access.

What could we change in our environment?

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: Which barrier is strongest right now: forgetting, low energy,

unclear steps, perfectionism, distraction, or lack of supplies? understand you?" Supportive practice: Match the support to the barrier. Motivation is not the only explanation for incomplete tasks.

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PART 7

What Does "Done" Mean?

Sometimes couples are not arguing about effort. They are arguing about different definitions of finished. "Laundry done" might mean washed and dried to one person, but washed, dried, folded, and put away to the other.

Task #1: _____

To me, "done" means:

To my partner, "done" means:

Our agreed definition:

Task #2: _____

Our agreed definition:

Task #3: _____

Our agreed definition:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: What is our "good enough" standard for hard weeks, and what

is our preferred standard when capacity is higher? understand you?" Supportive practice: Agree on observable steps. Avoid vague expectations such as "clean it properly."

Clarity Check

-] Supplies have a known home. [ ] The deadline or frequency is clear.

-] Both people can describe the same finish line. [ ] We know what happens if the task is missed.

A task we can simplify, automate, or stop doing:

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PART 8

Our Weekly 15-Minute Home Huddle

Once a week, sit together and ask:

What's coming up this week?

Who has the heavier week?

What absolutely needs to get done?

What can WAIT?

Does anyone need help with something they normally own?

Is our current division still feeling fair?

What did my partner do this week that I appreciated?

HUDDLE Keep it to 15 minutes. Start with appreciation. Look at the week, not each other's GUARDRAILS character. Make specific agreements, write them down, and end with one connection plan.

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: On a scale from 0-10, how supported does each person feel this

week? What would raise the number by one point? understand you?"

Before We Finish

Who is doing what, and by when?

Our protected rest or connection time:

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PART 9

The No-Scorekeeping Challenge

For one week, intentionally notice contributions that normally go unnoticed.

Every day, tell your partner one specific thing you appreciated.

TRY THIS Instead of "Thanks for helping," try: "Thank you for handling dinner tonight. It gave me time to decompress." Or: "I noticed you took care of the laundry without me asking. That made me feel like we were a team." Day What I noticed and appreciated Shared?

Monday

- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday
- THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: Which kinds of appreciation land best for each of us: words,

affection, practical help, time together, or being noticed? understand you?" Supportive practice: Appreciation is not payment for chores. It makes care visible while shared responsibility remains shared.

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PART 10

Couples Self-Care Menu

A household needs maintenance. So does the relationship. Choose activities you can intentionally build into your routine.

5-15 Minutes

-] Coffee together without phones [ ] Sit outside together
-] Take a short walk [ ] Stretch together
-] Listen to one favorite song [ ] Hug for 20-30 seconds
-] Do breathing exercises [ ] Give each other a shoulder massage
-] Share one good thing about the day [ ] Complete a 10-minute household reset together

Longer Connection

-] Cook together [ ] Movie night

-] Game night [ ] Nature walk

-] Date night [ ] Drive somewhere new

-] Creative activity [ ] Garden together

-] No-phone evening [ ] At-home spa/self-care night

-] Make a shared playlist [ ] Try something neither of us has done before

Our favorite ways to recharge together:

The "Pick One" Connection Game

-] Cook together OR order food and watch a movie?

-] Go somewhere new OR stay home and make home cozy?

-] Have an adventure date OR a relaxation date?

-] Clean for 20 minutes together OR each tackle separate rooms?

-] Spend $50 on an experience OR something for the house?

-] Wake up early together OR stay up late talking?

-] Plan everything OR be spontaneous?

Create your own: Would you rather _____ OR _____?

Build a Tiny Connection Plan

One 5-minute connection we can repeat this week:

One longer activity we want to protect time for:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: What kind of care does each person need tonight: energy, calm,

comfort, play, movement, quiet, or closeness? understand you?" Supportive practice: Choose the smallest action that meets the actual need.

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PART 11

Our Shared Journal

Keep a notebook somewhere accessible. Either partner can write in it. Use these prompts here or return to them in your shared notebook.

Today I appreciated when you...

Something you did recently that made my life easier was...

Something I have not said enough lately is...

One thing I am currently stressed about is...

One way you could support me this week is...

Something I want us to make more time for is...

A memory with you that made me smile today is...

Something I am excited to experience with you is...

SHARED JOURNAL Write to connect, not to win. Do not use the journal for insults, threats, AGREEMENT surveillance, or demands for an immediate response. Ask before discussing a tender entry, and allow time to regulate.

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body? What do I need right now?

2. Self-reflection: What would help this journal feel emotionally safe and inviting

for both of us? understand you?"

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PART 12

When We're Both Overwhelmed

Create a plan before you are exhausted and irritated.

OUR CAPACITY "I'm at capacity. Can we figure out what actually needs to happen tonight?"

PHRASE

MUST DO

SHOULD DO

CAN WAIT

DOES NOT ACTUALLY MATTER

Sometimes the healthiest household intervention is deciding that the laundry can wait until tomorrow.

Our Overwhelm Supports

-] Lower the standard for tonight [ ] Order or simplify food

-] Ask for quiet time [ ] Work side by side

-] Trade one task [ ] Ask family/friends for help

-] Use a timer and stop when it rings [ ] Protect sleep and revisit tomorrow

A sign I am nearing capacity is:

What helps me return to calm is:

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PART 13

Repair After a Household Argument

Shift from blame toward the feeling, need, or barrier underneath the conflict.

INSTEAD OF "You TRY "I've been feeling overwhelmed and I'm starting to feel resentful. Can we look never help." at how we're dividing things?" INSTEAD OF "I TRY "The remembering and reminding are becoming another responsibility for me. shouldn't have to I need us to find a system that doesn't require me to manage it." tell you." INSTEAD OF TRY "Something seems to be getting in the way of this getting done consistently. "You're so lazy." Can we figure out what the barrier is?"

What I was feeling underneath my frustration:

What I needed:

What I could communicate differently next time:

A SIMPLE REPAIR 1. Pause and lower intensity. 2. Name your part without adding "but." 3. Reflect the impact you heard. 4. Make one specific repair or new agreement.

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: Do we need to solve this now, take a timed break, or schedule a

calmer return? understand you?" Supportive practice: A break works best when you name when you will reconnect. Safety comes before completing the conversation.

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PART 14

Positive Couples Affirmations

Read these together or choose one for the week.

- We are teammates, not opponents.

- Our home does not have to be perfect to be peaceful.
- Fairness can change as our needs change.
- We can ask for help without keeping score.
- Rest is part of maintaining our household too.
- We can solve problems without attacking each other.
- Small acts of care matter.
- We can create routines that work for our actual lives - not somebody else's.
- We are allowed to change systems that are not working.
- We can appreciate each other's effort while still asking for change.
- We are building a home where both of us matter.

Our own relationship affirmation: Together, we _____

Practice the Affirmation

The affirmation we choose for this week:

One small action that would make it visible in our home:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: Which affirmation feels hardest to believe right now? What

support or evidence would make it feel more possible? understand you?" Supportive practice: Affirmations can guide action; they do not require pretending difficult feelings are absent.

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PART 15

Our Experiment for This Week

Do not redesign your entire household overnight. Choose ONE experiment.

-] 10-minute nightly reset [ ] Sunday household meeting
-] Shared calendar [ ] Habit stacking
-] Body doubling [ ] Clearly assigned household zones
-] Alternating responsibilities [ ] One appreciation per day
-] Shared journal [ ] One intentional connection activity
-] Something else: _____

We will try it for:

Then ask:

-] Did it make our lives easier? [ ] Did it reduce reminders?

-] Did it feel fair? [ ] Did it decrease tension?

Do we want to KEEP IT, CHANGE IT, or DROP IT? Why?

What will we try next?

Plan for the Friction

The most likely barrier is:

If that happens, our backup plan is:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: How will we know the experiment helped - fewer reminders,

less tension, more rest, clearer ownership, or something else? understand you?" Supportive practice: Measure usefulness, not perfection.

Midweek Check-In

What is already working?

What small adjustment would make follow-through easier?

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PART 16

Final Reflection: What Kind of Home Are We

Trying to Create?

Forget chores for a moment. When you walk into your home together, how do you want it to feel?

Circle or add your own:

Safe - Peaceful - Playful - Organized - Cozy - Flexible - Loving Calm - Welcoming - Fun - Connected - Restful - Supportive

We want our home to feel:

Three things we can BOTH do to help create that feeling:

1. 2.

3.

Protecting the Feeling We Want

One routine that supports this feeling:

One expectation we may need to loosen:

One boundary that protects rest or connection:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: If our home cannot be everything at once, which two feelings

are the priority in this season? understand you?"

Two Tiny Rituals

A 5-minute ritual that helps our home feel this way:

A weekly ritual that helps us reconnect or reset:

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PART 17

Our Team Agreement

A flexible agreement for the home and relationship you are building together.

We understand that household responsibilities will not always be perfectly equal. We agree to communicate when something feels unbalanced, recognize both visible and invisible work, appreciate one another's contributions, and adjust our systems as our needs, capacity, and circumstances change.

What "teamwork" will look like in our home:

How we will ask for a re-balance:

How often we will revisit this agreement:

THERAPEUTIC PAUSE & PARTNER CHECK-IN

body? What do I need right now?

2. Self-reflection: Does this agreement make room for disability, illness, work

demands, caregiving, mental health, and changing capacity? understand you?" Supportive practice: Rebalancing is part of the agreement. It is not proof that the agreement failed.

Partner: _____ Date: _____

Partner: _____ Date: _____

Educational-wellness disclaimer

If someone is in immediate danger, call 911. In the United States, call or text 988 for the Suicide & Crisis Lifeline.

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Do not store identifying or safety-sensitive answers where another person may find them.

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It does not replace care from a licensed clinician, healthcare professional, attorney, trained advocate, emergency service, or other qualified professional. Laws, court procedures, services, and risks vary by location and circumstance.

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Supportive practices and reminders

Trauma-informed choice

You are in charge of pace, privacy, and participation. Keep your eyes open if that feels safer. Change the words, position, movement, or environment. Skip any prompt that increases distress. You never have to describe a traumatic experience to benefit from grounding or reflection.

A one-minute mindfulness pause

Notice one point of support beneath you. Look around and name three neutral things you see. Notice one sound and one body sensation without trying to change either. Ask, 'What would support me in the next few minutes?' Choose the smallest workable response.

Believable affirmations

Choose language your mind can accept. Try: 'I can take one step at a time.' 'My needs and boundaries matter.' 'I am allowed to pause.' 'I can ask for support.' 'This moment is difficult, and it will not always feel exactly like this.' Edit any statement until it feels honest and respectful.

Practical tips

Pair reflection with water, food, movement, rest, medication as prescribed, or contact with a safe person when needed. Save the most helpful page where it is easy to find. Revisit the resource when you are relatively steady so the choices feel familiar during harder moments.

When more support is appropriate

A worksheet cannot provide emergency care, diagnosis, or individualized treatment. Consider a qualified health or mental-health professional when distress is intense, persistent, worsening, affecting daily functioning, or connected with safety concerns. In immediate danger, contact local emergency services or a crisis service available in your country.

Integrate and choose your next step

Pause after reading. More information is not always more helpful; the goal is to leave with one choice you can actually use.

What stood out?

_____

_____

What is one kind, realistic next step?

_____

_____

What support, boundary, or adaptation would help?

_____

_____

If this did not help

You did not fail. Try making the step smaller, changing from a thinking practice to a body or sensory practice, checking basic needs, or involving a safe person. Strong, persistent, or worsening distress may need professional or crisis support beyond a worksheet.