

CHAPTER 1 COMPANION

Confusion Bill Calculator

See what health confusion has cost you in money, clutter, time, and attention.

QUICK START

Set aside 10 minutes. Use a pencil or pen. Honest estimates beat perfect answers.

1. MONEY AUDIT

	\$	☐ Yes ☐ Partly ☐ No	
	\$	☐ Yes ☐ Partly ☐ No	
	\$	☐ Yes ☐ Partly ☐ No	
	\$	☐ Yes ☐ Partly ☐ No	
	\$	☐ Yes ☐ Partly ☐ No	
	\$	☐ Yes ☐ Partly ☐ No	
	\$	☐ Yes ☐ Partly ☐ No	

Estimated total spent: \$ _____ Estimated money wasted: \$ _____

2. CABINET AUDIT

			☐ Keep ☐ Review ☐ Remove
			☐ Keep ☐ Review ☐ Remove
			☐ Keep ☐ Review ☐ Remove
			☐ Keep ☐ Review ☐ Remove
			☐ Keep ☐ Review ☐ Remove
			☐ Keep ☐ Review ☐ Remove
			☐ Keep ☐ Review ☐ Remove

3. HEADSPACE AUDIT

- ☐ I regularly research health products without making a clear decision.
- ☐ I feel guilty about products I bought but do not use.
- ☐ I add new products before evaluating old ones.
- ☐ I cannot clearly explain why I take everything in my routine.
- ☐ I feel overwhelmed when I look at my cabinet or health plan.

What has confusion cost me besides money?

YOUR CONFUSION BILL

Money spent without clear value	\$
Unused or duplicate products	
Hours spent researching or second-guessing	
Mental bandwidth: Low / Medium / High	
Confidence lost: Low / Medium / High	

Circle one product or expense I cannot honestly say is helping:

The first thing I will stop, review, or simplify:

YOUR NEXT MOVE

Take a photo of your cabinet today. Keep it as your before picture. Then run anything uncertain through the Safety Gate before making changes.

Educational use only. This worksheet does not diagnose, prescribe, establish safety, or replace individualized care. Do not start, stop, or change medications or medically necessary treatment based solely on this tool. Review personal questions with an appropriately licensed healthcare professional.