

THE SOCIAL BATTERY BUDGET

A worksheet for estimating what an event actually costs you, before you agree to it.

The event

Date and time

Door to door, how long

Battery I expect to wake up with

Battery is counted in percent, where 100 is a full day of capacity and 0 is nothing left. In each row below, write how many units apply, multiply by the printed cost, and put the answer in the last column. Skip anything that does not apply. The costs are a starting guess, so cross them out and write your own once you know better.

THE SPEND, PART ONE

GETTING READY				
WHAT IT COSTS YOU	UNIT	COST	UNITS	DRAIN
Deciding what to wear, and then deciding again	per event	3		
Showering, hair, scent management, the whole ritual	per event	4		
Planning logistics: route, parking, timing, exits	per event	4		
Packing the kit: meds, water, snacks, earplugs, charger	per event	2		
Anticipation and pre-event dread	per hour	2		
			Subtotal	

GETTING THERE				
WHAT IT COSTS YOU	UNIT	COST	UNITS	DRAIN
Driving myself	per 30 min	3		
Being a passenger or in a rideshare	per 30 min	4		
Public transit	per 30 min	6		
Walking it, in whatever weather today is	per 30 min	5		
Parking, navigating, the risk of being late	per event	4		
			Subtotal	

BEFORE YOU DO THE MATH

What I actually get out of going

What happens if I do not go

The part I am dreading, named out loud

THE SPEND, PART TWO

BEING THERE

WHAT IT COSTS YOU	UNIT	COST	UNITS	DRAIN
Masking	per hour	8		
Small talk with people I do not know	per hour	7		
Talking with people I actually love	per hour	3		
Being perceived, being looked at, being the guest	per hour	7		
Performing, presenting, teaching, reading, being on	per hour	10		
Crowd noise and volume	per hour	6		
Lighting, smells, temperature, textures I did not choose	per hour	5		
Standing, or nowhere good to sit	per hour	5		
No exit plan and no idea what happens next	per hour	6		
Eating in front of people	per meal	4		
A conversation that goes somewhere hard	per time	9		
			Subtotal	

GETTING HOME, AND AFTERWARD

WHAT IT COSTS YOU	UNIT	COST	UNITS	DRAIN
Getting home	per 30 min	5		
Debriefing with somebody in the car	per 30 min	3		
Same day decompression before I am usable again	per hour	2		
Emotional replay, running it back in my head	per hour	4		
Something tomorrow that genuinely cannot move	per thing	8		
			Subtotal	

GROSS COST

All four subtotals added together. This is what it costs before you do anything smart about it.

DISCOUNTS, MEANING THINGS THAT MAKE IT CHEAPER

Check every one you are actually going to do, not the ones you wish you would do. Then add up the saved column.

THE MOVE	WHY IT WORKS	SAVES	SAVED
☐ Drive myself so I can leave the second I want to	Exit control is most of the cost	6	
☐ Pick a hard leave time and tell one person out loud	Makes the end real	5	
☐ Bring my person	Somebody to be quiet next to	7	
☐ Loops, earplugs, or headphones in my pocket	Turns the room down	6	
☐ Sunglasses or a hat, indoors, unapologetically	Cuts light and cuts being seen	3	
☐ Get there early, before it fills up	Walking into a full room costs double	4	
☐ A bathroom, a car, or a stairwell to hide in for ten minutes	One unmasked break resets the meter	6	
☐ Nothing on the calendar the next morning	Recovery becomes possible instead of theoretical	8	
☐ Eat and salt and hydrate before I go	Cheap, and you always forget	5	
☐ One person there I do not have to mask for	The single biggest discount available	9	
☐ Permission to leave early without giving a reason	Reduces the dread tax on the way in	6	
			Total discount

THE BUDGET

Battery I start with

From the top of page one

Gross cost

From the bottom of page two

Minus total discount

From above

Net cost of this event

Gross minus discount

What is left when I get home

Start minus net cost. A negative number means you are borrowing it from tomorrow.

40 or more	20 to 39	1 to 19	0 or less
Affordable. Go and enjoy it.	Doable, but protect the day after.	Fumes. Cut something or spend more discounts.	Overdrawn. You are paying with tomorrow.

Rest I will owe, in hours

Take 70 minus what is left, then divide by 6.
Adjust the 6 once you know your real recharge rate.

THE RECOVERY PLAN

The other half of a budget is income. Write in the hours you can actually protect, multiply, and see whether it covers what you just spent.

WHAT ACTUALLY REFILLS YOU	WHICH MEANS	PER HOUR	HOURS	REFILL
Sleep	Including the long ones	7		
Horizontal time, no input	No phone, no audio, nobody talking	8		
Special interest time	What you would do if nobody needed anything	6		
Water, salt, food	Half of a crash is a physical bill	5		
Shower, bath, temperature change	Getting the day off your skin	4		
Outside, alone, unhurried	No destination and no step goal	5		
Company that requires no performance	The person you can be silent around	4		
Stimming, rocking, music, movement you like	Whatever your body is asking for	4		
Doing nothing on purpose	Not procrastinating. Choosing it.	5		
				Total refill planned

If the refill is smaller than the net cost on page three, the difference is what you are carrying into next week. Add rest or take something off the calendar.

DECIDE THIS BEFORE YOU GO

What am I canceling to pay for this?

Who needs to know I will be unreachable, and when do I tell them?

What does the morning after look like, specifically?

My early exit line, word for word

My safe person in the room

What goes in the kit

If I crash worse than planned, the one thing that still has to happen

AFTERWARD, WHILE IT IS STILL FRESH

What I estimated it would cost

What it actually cost

What cost more than I planned for

What was cheaper than I feared

Numbers to change before next time
