

The Official Handknit-Worthy Decision Matrix

A boundary tool for knitters who value their sanity.

Instructions: **Before you cast on, run your potential recipient through this 3-part scan. Be honest. Your mental health depends on it.**

PART 1: The "Fiber IQ" Scan (5 Points Each)

Can this person physically handle a handknit?

The Wash Test: Do they know the difference between a washing machine and hand-washing?

The Itch Factor: Have they ever complained that high-quality wool is "scratchy"? (If yes, deduct 10 points).

The Wearability: Do you actually see them wearing this style of clothing in real life?

The Care History: Have they shrunk, lost, or stained a gift you gave them in the past?

PART 2: The "Sponge-Worthy" Relationship Scan (10 Points Each)

Do they deserve the hours of your life?

The Reciprocity Check: Do they put thought into gifts for you, or do you get a generic gift card?

The "Just Because": Are you knitting this because you want to, or because you feel obligated to? (If obligated, stop now).

The Gratitude Track Record: When they receive a gift, is the "Thank You" immediate and sincere?

The Seinfeld Rule: If this was your last skein of discontinued, hand-dyed merino... are they "knit-worthy"?

PART 3: The Mental Health Check (20 Points Each)

Do YOU have the capacity for this?

The Spoon Theory: Do you have enough "spoons" (mental/physical energy) to finish this without burnout?

The Deadline Stress: Is there a hard deadline (Christmas/Birthday) that will cause you panic attacks?

The Resentment Meter: Visualize yourself knitting the second sleeve at 2 AM. Do you feel love... or rage?



Total Your Score: _____ / 100

0 - 40 Points: The "Red Flag" Zone 🚩

Verdict: **DO NOT CAST ON. Prescription:** Buy them a nice candle or a store-bought scarf. Your time is too valuable, and the risk of resentment is 100%.

Action: Use Script #1 from the blog to politely decline.

41 - 70 Points: The "Proceed with Caution" Zone ⚠️

Verdict: Small Accessories Only. **Prescription:** Do not knit a sweater. Do not knit a blanket. Stick to a chunky hat or a cowl—something that takes less than 5 hours. Use durable, machine-washable yarn (superwash or acrylic blend).

Action: Set a strict boundary: "I can make you a hat, but I can't commit to a larger project right now."

71 - 100 Points: Certified Knit-Worthy ✅

Verdict: Green Light. **Prescription:** This person understands the value of your labor and loves you. Break out the good yarn. Enjoy the process.

Action: Cast on with joy!

"Your knitting is an extension of your creative spirit, not a manufacturing obligation. Protecting your peace is the most beautiful thing you can make."

Need help saying "No"? Watch the video & get the scripts here:

<https://youtu.be/MpV8hJmGzYs>. or

