



## RELATIONSHIP ROLES

*"All animals are equal, but some animals are more equal than others."*—George Orwell

### SHARING ROLES

List your responsibilities and your partner's responsibilities related to the household and/or children. Your partner should also separately create the same two lists. *Note: For couples who are not yet sharing a household, complete these lists as things you expect to do in your future household.*

**Things You Do** (or plan to do)  
**for your Household**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_

**Things Your Partner Does** (or plans to do)  
**for your Household**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_

### COUPLE DISCUSSION:

1. After you have each completed your lists, compare and discuss them. Any surprises?
2. Are roles mainly divided by interests and skill, or by more traditional male/female roles?
3. Consider for a moment how similar or dissimilar these lists are compared to what you witnessed in your parents' roles growing up.
4. Discuss what each of you would like to adjust in your lists of roles. If needed, agree on how you might revise your current lists.
5. Revise your current lists, finalizing an agreement about tasks you will each do in the future. Set a time to review the new lists.

### Relationship Roles Exercise: Switching Roles for a Week

After you have each completed your Household Tasks lists, plan a day (or a week) when you can perform each other's household responsibilities. This Role Reversal experiment will help you gain a new appreciation for one another.