

BALANCE

WHAT DOES BALANCE LOOK LIKE TO YOU? (COUPLE/INDIVIDUAL ACTIVITY)

SEPARATE RESPONSIBILITIES INTO "YOURS," "MINE," AND "OURS"

THINK ABOUT YOUR CURRENT OR A DESIRED PARTNERSHIP IN THE FUTURE.

IN THE VENN DIAGRAM BELOW, WRITE THE HOUSEHOLD AND/OR CHILD CARE RESPONSIBILITIES YOU'D LIKE TO BE RESPONSIBLE FOR ON THE RIGHT. LIST THE RESPONSIBILITIES YOU'D LIKE YOUR PARTNER TO HANDLE ON THE LEFT. WRITE ANY RESPONSIBILITIES YOU'D LIKE TO SHARE TOGETHER IN THE MIDDLE.

IF YOU ARE DOING IT AS A COUPLE DISCUSS WHY THIS ACTIVITY MAKES SENSE IN THE LARGER SCHEME OF YOUR RELATIONSHIP. AND WHY EACH RESPONSIBILITY SEEMS MORE APPROPRIATE IF ONE, BOTH OR THE OTHER DOES IT.

