

THINKING ABOUT THE ROLES IN YOUR RELATIONSHIP

Directions

Make a copy of this worksheet so you have a copy for yourself and your partner. You should both fill it out and then have a discussion about whether you are happy with your various roles and responsibilities and whether some might be changed. Remember to be non-judgmental when listening to your partner's thoughts and feelings, and to work collaboratively to make positive changes in your relationship.

Your Roles

1. _____
Do you do this by choice? Yes No
Is this role yours because of skill? Yes No
Is it a traditional male/female role? Yes No
2. _____
Do you do this by choice? Yes No
Is this role yours because of skill? Yes No
Is it a traditional male/female role? Yes No
3. _____
Do you do this by choice? Yes No
Is this role yours because of skill? Yes No
Is it a traditional male/female role? Yes No
4. _____
Do you do this by choice? Yes No
Is this role yours because of skill? Yes No
Is it a traditional male/female role? Yes No
5. _____
Do you do this by choice? Yes No
Is this role yours because of skill? Yes No
Is it a traditional male/female role? Yes No

Your Partner's Roles

1. _____
Do you do this by choice? Yes No
Is this role yours because of skill? Yes No
Is it a traditional male/female role? Yes No
2. _____
Do you do this by choice? Yes No
Is this role yours because of skill? Yes No
Is it a traditional male/female role? Yes No
3. _____
Do you do this by choice? Yes No
Is this role yours because of skill? Yes No
Is it a traditional male/female role? Yes No
4. _____
Do you do this by choice? Yes No
Is this role yours because of skill? Yes No
Is it a traditional male/female role? Yes No
5. _____
Do you do this by choice? Yes No
Is this role yours because of skill? Yes No
Is it a traditional male/female role? Yes No

Changing Roles

Which roles do you enjoy?

Which roles do you dislike?

Which roles do you think your partner enjoys?

Which roles do you think your partner dislikes?
