

Adulting Worksheet for Couples

A Couples Comparison Template for Therapy & Counseling

Use this worksheet together to explore how each of you views adult responsibilities. Complete each section individually, then share and discuss your responses with your therapist or partner.

Couples Adulting Worksheet

This worksheet is designed to uncover and address the unspoken stresses and strains that often build up in marriages overwhelmed by parenting responsibilities and unspoken expectations. These unaddressed pressures can hinder communication and intimacy within the relationship. By using this tool, couples can express their inner thoughts, feelings, and emotions openly—transforming hidden frustrations into honest conversations, fostering deeper connection and understanding.

SECTION 1

Responsibilities About Adulting That Trigger Me

Include parenting duties, household tasks, marital obligations, or other adult responsibilities that cause stress or frustration.

PARTNER 1

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PARTNER 2

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SECTION 2

Responsibilities I Voluntarily Chose

Include responsibilities you voluntarily took on—such as school, additional employment, hobbies, or personal interests—that may now be causing you to unintentionally project frustration toward your partner.

PARTNER 1

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PARTNER 2

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SECTION 3

Responsibilities That Others Expect of Me

Include expectations from family, friends, society, or your partner—whether real or assumed.

PARTNER 1

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PARTNER 2

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SECTION 4

Responsibilities That Require a Shift in Perspective

Responsibilities that are necessary but require you to reframe how you think about them—shifting from burden to opportunity, resentment to acceptance, or obligation to choice.

PARTNER 1

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PARTNER 2

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SECTION 5

Shared Responsibilities That Are Currently Imbalanced

Essential household and family responsibilities that have become unevenly distributed over time due to life's demands and need to be rebalanced.

PARTNER 1

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PARTNER 2

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

SECTION 6

Areas of Our Marriage That Would Improve with Balanced Responsibilities and Healthier Perceptions

What specific improvements do you hope to see? How will you know progress is being made? What positive changes might you notice in your home environment, with your children, or in your relationship with your spouse?

PARTNER 1

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

PARTNER 2

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



SECTION 7

My Expectations of Marriage, Parenting, and Partnership

How did you envision your marriage, parenting, and partnership? Where did these expectations come from—family upbringing, media, friends, faith, or personal values?

PARTNER 1

PARTNER 2



SECTION 8

Overall Reflections

Reflect on your overall insights from this exercise. What did you discover about yourself, your partner, and your communication patterns under stress?

What patterns do we notice?

Where do our perspectives align?

Where might we need to negotiate or support each other differently?

For use in therapeutic settings only. Not a substitute for professional mental health care.

© 2026 Innervisions Counseling and Consulting Firm. All rights reserved.