

Adulting Responsibilities: Couples Comparison Template

Use this template to explore and discuss how each of you views different adult responsibilities. Write your items in the sections below each category.

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 _____

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 _____

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 _____

***Embrace this moment to breathe deeply and engage wholeheartedly with your partner! Approach conversations with an open mind and attentive listening. It's never too late to make positive changes; after all, you're a team, not rivals. Let's grow together!**

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 _____

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 _____

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 _____

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:

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 are your hopes moving forward? What surprised you most?)

****What patterns do we notice?****

Where do our perspectives align?

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

Action steps moving forward:

(What specific actions will you take together to achieve these goals? Who will do what, and by when?)

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____