

► **Exercise:** **Negotiating Power: Who does what in the relationship?**

Instructions: For the following items, please describe, in your perception, how things are currently handled and how you would like them to be handled. What is your philosophy about who should do what? Who generally does what (YOU, YOUR PARTNER, or FAIRLY SHARED AS YOU'D LIKE)? Are things shared as you would like them to be, or could things be closer to your ideal?

1. Running errands to the cleaners	Now:	Ideal:
2. Washing windows	Now:	Ideal:
3. Planning the food menu	Now:	Ideal:
4. Going grocery shopping	Now:	Ideal:
5. Cooking dinner	Now:	Ideal:
6. Setting the table	Now:	Ideal:
7. Cleanup after dinner	Now:	Ideal:
8. Cleaning the kitchen	Now:	Ideal:
9. Cleaning the bathrooms	Now:	Ideal:
10. Putting out clean towels	Now:	Ideal:
11. Keeping counters clean	Now:	Ideal:
12. General tidying up	Now:	Ideal:
13. Getting the car serviced	Now:	Ideal:
14. Putting gas in the car	Now:	Ideal:
15. Sorting incoming mail	Now:	Ideal:
16. Paying the bills	Now:	Ideal:
17. Balancing the checkbook	Now:	Ideal:
18. Writing letters	Now:	Ideal:
19. Taking phone messages	Now:	Ideal:
20. Returning phone calls or e-mail	Now:	Ideal:
21. Saving money	Now:	Ideal:
22. Taking out garbage and trash	Now:	Ideal:
23. Recycling	Now:	Ideal:
24. Doing the laundry	Now:	Ideal:
25. Folding the laundry	Now:	Ideal:
26. Ironing	Now:	Ideal:
27. Putting the clean clothes away	Now:	Ideal:
28. Sweeping kitchen and eating areas	Now:	Ideal:
29. Vacuuming	Now:	Ideal:

30. Washing and waxing floors	Now:	Ideal:
31. Changing light bulbs	Now:	Ideal:
32. Repairing appliances	Now:	Ideal:
33. Making the beds	Now:	Ideal:
34. Defrosting and cleaning refrigerator	Now:	Ideal:
35. Shopping for clothing	Now:	Ideal:
36. Planning travel	Now:	Ideal:
37. Making home repair	Now:	Ideal:
38. Remodeling	Now:	Ideal:
39. Doing home maintenance	Now:	Ideal:
40. Buying furniture	Now:	Ideal:
41. Redecorating the home	Now:	Ideal:
42. Buying items for the home	Now:	Ideal:
43. Buying new appliances	Now:	Ideal:
44. Sewing and mending	Now:	Ideal:
45. Straightening kitchen cabinets	Now:	Ideal:
46. Doing yard and garden work	Now:	Ideal:
47. Maintaining lawn, tree, and shrubbery maintenance	Now:	Ideal:
48. Running errands to the bank	Now:	Ideal:
49. Caring for house plants	Now:	Ideal:
50. Straightening and rearranging closets	Now:	Ideal:
51. Getting house ready for guests	Now:	Ideal:
52. Preparing for a party	Now:	Ideal:
53. Buying children gifts	Now:	Ideal:
54. Taking children to school	Now:	Ideal:
55. Picking children up from school	Now:	Ideal:
56. Doing or arranging childcare after school	Now:	Ideal:
57. Preparing child meals and lunches	Now:	Ideal:
58. Spending time with kids	Now:	Ideal:
59. Taking family outings with kids	Now:	Ideal:
60. Taking children to the pediatrician	Now:	Ideal:
61. Taking children to the dentist, orthodontist	Now:	Ideal:
62. Supervising child homework	Now:	Ideal:
63. Supervising child baths	Now:	Ideal:
64. Meting out child discipline	Now:	Ideal:
65. Supervising bedtime with kids	Now:	Ideal:

66. Dealing with a sick child	Now:	Ideal:
67. Handling child crises	Now:	Ideal:
68. Dealing with a child's emotions	Now:	Ideal:
69. Attending teacher conferences	Now:	Ideal:
70. Dealing with the schools	Now:	Ideal:
71. Attending special kid events	Now:	Ideal:
72. Arranging kid birthday and other parties	Now:	Ideal:
73. Arranging kid lessons	Now:	Ideal:
74. Arranging kid play dates	Now:	Ideal:
75. Shopping for kids' stuff	Now:	Ideal:
76. Getting people presents	Now:	Ideal:
77. Keeping in touch with kin	Now:	Ideal:
78. Preparing for holidays	Now:	Ideal:
79. Planning vacations	Now:	Ideal:
80. Planning getaways	Now:	Ideal:
81. Arranging romantic dates	Now:	Ideal:
82. Planning quiet evening at home	Now:	Ideal:
83. Planning weekends	Now:	Ideal:
84. Planning a special meal	Now:	Ideal:
85. Keeping up general conversation	Now:	Ideal:
86. Planning a romantic evening	Now:	Ideal:
87. Initiating lovemaking	Now:	Ideal:
88. Planning dinner out	Now:	Ideal:
89. Arranging family outings, drives, picnics	Now:	Ideal:
90. Handling financial planning	Now:	Ideal:
91. Making major purchases (cars, etc.)	Now:	Ideal:
92. Managing investments	Now:	Ideal:
93. Talking about the relationship	Now:	Ideal:
94. Arranging get-togethers with friends	Now:	Ideal:
95. Keeping in touch with friends	Now:	Ideal:
96. Doing the taxes	Now:	Ideal:
97. Handing legal matters (e.g., wills, insurance)	Now:	Ideal:
98. Overseeing family medicine	Now:	Ideal:
99. Overseeing drugs and other health areas	Now:	Ideal:
100. Overseeing exercise and fitness	Now:	Ideal:
101. Arranging recreational outings	Now:	Ideal:
