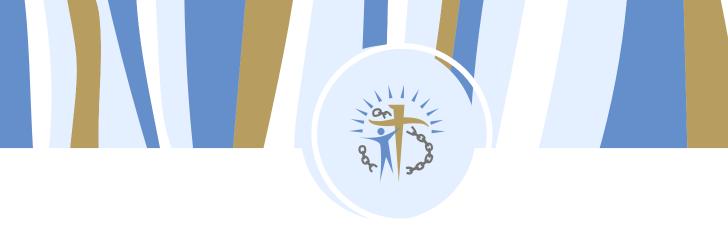


Love Deeply Tool



There's usually tension in marriage over "home" work. Some guys fully participate at home; some just do what their daddy did and never lift a finger. Guys will often think they do a lot, but their wives see it very differently.

In this exercise, you'll print out two copies of the following "home" work items, one for you and one for her. Each of you will go through the list and put "him" where you believe you do the task and then either "him" or "her" in the "ideal" column. For example, if you "wash the windows" you'd write "him" in the now column. If you believe you should wash the windows, you'll write "him" again in the ideal column. If there's a task you're doing, but think your wife would do in an ideal world, you'd write "him" in the 'now' column and "her" in the ideal. Conversely, if there's something your wife is doing that you should take on, you'd write "her" in the 'now' column and "him" in the ideal column.

After you've finished, set a time to sit down and leisurely talk about the list. Compare your answers and collaborate so both you and your wife have a clear understanding of who's to do what. Jot down "your final answer" by each task so you'll each know what you're on the hood for. Revisit your lists at least annually because circumstances change and you'll be shifting tasks constantly.



And DON'T falls into "that's not my job." This is intended to help you clarify who has the lead on these things, not who always does them. You're both responsible for your marriage and your home.

A few other cautions...

- 1. The length of your lists isn't important. It's the clarity of 'who's got the ball' and overall agreement that matters. Resentment comes from unmet (and unspoken) expectations.
- 2. Some of these tasks are clearly shared. But lean into those in particular. When two people are responsible, nobody's responsible. Try to agree who's the 'quarterback' in as many of these tasks as possible.
- 3. While this list is exhausting, it's not exhaustive. Feel free to add anything that needs to be added to your household. Add it and talk about it.



Running errands	Now:	Ideal:
Taking Clothes to the cleaners	Now:	Ideal:
Washing windows	Now:	Ideal:
Planning the food menu	Now:	Ideal:
Going grocery shopping	Now:	Ideal:
Cooking dinner	Now:	Ideal:
Setting the table	Now:	Ideal:
Clearing the table after dinner	Now:	Ideal:
Cleaning the kitchen	Now:	Ideal:
Cleaning the bathrooms	Now:	Ideal:
Putting out clean towels	Now:	Ideal:
Keeping counters clean	Now:	Ideal:
General tidying up	Now:	Ideal:
Getting the car serviced	Now:	Ideal:
Putting gas in the car	Now:	Ideal:
Auto insurance, tags and taxes	Now:	Ideal:
Sorting incoming mail	Now:	Ideal:
Paying the bills	Now:	Ideal:
Balancing the checkbook	Now:	Ideal:
Buying cards ie; birthday, anniversary, ect	Now:	Ideal:
Writing and sending cards	Now:	Ideal:
Keeping the family address book	Now:	Ideal:



Handling phone messages Now: Ideal: Returning family phone calls & e-Now: Ideal: mail Saving money Now: Ideal: Taking out garbage and trash Now: Ideal: Recycling Ideal: Now: Doing the laundry Ideal: Now: Folding the laundry Now: Ideal: Ironing Now: Ideal: Now: Ideal: Putting the clean clothes away Sweeping kitchen and eating areas Now: Ideal: Now: Ideal: Mopping and waxing floors Changing light bulbs Now: Ideal: Managing repair of appliances Ideal: Now: Now: Ideal: Making the beds Defrosting/cleaning refrigerator Ideal: Now: Shopping for clothing Now: Ideal: Now: Ideal: Planning travel Now: Ideal: Home maintenance Home Repair Now: Ideal: Now: Ideal: Remodeling **Buying furniture** Now: Ideal: Redecorating home Now: Ideal:



Now: Ideal: Buying items for the home Buying new appliances Ideal: Now: Sewing and mending Now: Ideal: Straightening kitchen cabinets Now: Ideal: Now: Ideal: Yard and garden work Lawn, tree, and shrubbery Now: Ideal: maintenance Errands to the bank Now: Ideal: Now: Ideal: Houseplant care Straightening and rearranging Now: Ideal: closets Now: Ideal: House ready for guests Now: Ideal: Party preparations Now: Ideal: **Birthdays** Taking children to school Now: Ideal: Picking children up from school Now: Ideal: Child care after school Now: Ideal: Child meals and lunches Now: Ideal: Pediatrician Now: Ideal: Child homework Now: Ideal: Child baths Now: Ideal: Child discipline Now: Ideal:



Bedtime with kids Now: Ideal: Ideal: Dealing with a sick child Now: Handling child crises Now: Ideal: Dealing with a child's emotions Now: Ideal: Teacher conferences Now: Ideal: Dealing with the schools Now: Ideal: Ideal: Special children's events Now: Now: Ideal: Child birthday and other parties Now: Ideal: Child's lessons Now: Ideal: Child's play dates Ideal: Shopping for children's stuff Now: Now: Ideal: Buying presents for kids' friends Keeping in touch with kin Ideal: Now: Preparing for holidays Now: Ideal: Now: Ideal: Planning vacations Now: Ideal: Planning getaways Now: Ideal: Planning romantic dates Now: Ideal: Planning quiet evenings at home Planning weekends Now: Ideal: Initiating lovemaking Now: Ideal: Planning dinner out Now: Ideal: Family outings, drives, picnics Now: Ideal: Now: Ideal: Financial planning Now: Ideal: Major purchases (cars, etc.)



Now: Ideal: Managing investments Talking about the relationship Now: Ideal: Get-togethers with friends Now: Ideal: Keeping in touch with friends Now: Ideal: Now: Ideal: Doing the taxes Legal matters (e.g., wills) Now: Ideal: Coordinating family's medical care Ideal: Now: Coordinating annual physicals Ideal: Now: Coordinating family's dental care Now: Ideal: Prescriptions & other health areas Ideal: Now: Exercise and fitness Now: Ideal: Lead recreational outings Ideal: Now:



## Thank You!

We hope you found this tool helpful for you and your partner. If you're looking for more helpful resources like this one, check out our website.

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