

Couples Household Responsibilities Survey Template

All questions are optional. Follow each question's directions.
Write your answers to the open questions in the space provided.

Think about one recurring household responsibility you and your partner have chosen to discuss, and the past two weeks. Answer from your own perspective. Every question is optional. Only share answers by agreement; do not include private details about other people.

1. Which household responsibility are you focusing on?

2. Who usually noticed that this responsibility needed attention?

- ☐ Mostly me
- ☐ Mostly my partner
- ☐ Both about equally
- ☐ Someone else
- ☐ It did not arise in the past two weeks
- ☐ Not sure
- ☐ Prefer not to answer

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3. Who usually planned the steps or arrangements for it?

- ☐ Mostly me
- ☐ Mostly my partner
- ☐ Both about equally
- ☐ Someone else
- ☐ No planning was needed
- ☐ Not sure
- ☐ Prefer not to answer

4. Who usually carried out the practical work?

- ☐ Mostly me
- ☐ Mostly my partner
- ☐ Both about equally
- ☐ Someone else
- ☐ No practical work was needed
- ☐ Not sure
- ☐ Prefer not to answer

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5. How clear was your shared understanding of when this responsibility was complete?

- ☐ Very clear
- ☐ Somewhat clear
- ☐ Neither clear nor unclear
- ☐ Somewhat unclear
- ☐ Very unclear
- ☐ We had not discussed this
- ☐ Prefer not to answer

6. What planning or follow-up work might have been easy to overlook?

7. What is one change you would like to discuss trying for the next two weeks?
