

lawn, or the abstract jobs like financial planning that don't have to be done on a daily basis or on a strict timetable. The wife carries more than her share of the mindless, daily drudge work—like cleaning and picking up—which leaves her resentful.

### **Who Does What List**

#### **CAR CARE**

Car maintenance (oil change, registration, etc.)	Now:	Ideal:
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Refilling gas tank	Now:	Ideal:
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Car insurance	Now:	Ideal:
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#### **CARE OF THE HOME**

Remodeling	Now:	Ideal:
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Home maintenance	Now:	Ideal:
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Buying furniture	Now:	Ideal:
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Buying appliances	Now:	Ideal:
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Watering houseplants	Now:	Ideal:
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#### **CHILD CARE**

Preparing meals and lunches	Now:	Ideal:
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Supervising homework	Now:	Ideal:
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Bathing	Now:	Ideal:
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Bedtime	Now:	Ideal:
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Discipline	Now:	Ideal:
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(determining and implementing)

Caring for sick child	Now:	Ideal:
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Dealing with child's emotions	Now:	Ideal:
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Interacting with schools	Now:	Ideal:
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Planning birthdays	Now:	Ideal:
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Shopping	Now:	Ideal:
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#### **CHILDREN'S SCHEDULING AND TRANSPORTATION**

Making doctor appointments	Now:	Ideal:
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Transportation to and from doctor	Now:	Ideal:
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Transportation to and from school/day care	Now:	Ideal:
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Transportation to and from playdates/after-school activities	Now:	Ideal:
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Attending teacher conferences	Now:	Ideal:
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Scheduling and attending special events	Now:	Ideal:
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**COMMUNICATIONS**

Keeping in touch with family/friends	Now:	Ideal:
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Taking phone messages	Now:	Ideal:
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Returning phone calls or e-mails	Now:	Ideal:
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**ENTERTAINMENT**

Planning get-togethers with friends	Now:	Ideal:
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Making dinner reservations	Now:	Ideal:
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Planning “date nights”	Now:	Ideal:
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Prepping home for parties	Now:	Ideal:
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Choosing travel destinations	Now:	Ideal:
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Reserving travel tickets	Now:	Ideal:
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Planning romantic vacations	Now:	Ideal:
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Planning family vacations	Now:	Ideal:
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Planning romantic weekends	Now:	Ideal:
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**FINANCES**

Financial planning	Now:	Ideal:
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Managing investments	Now:	Ideal:
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Bill-paying	Now:	Ideal:
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Taxes	Now:	Ideal:
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Handling legal matters	Now:	Ideal:
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(e.g. wills, living trusts)

**FOOD**

Planning menu	Now:	Ideal:
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Grocery shopping	Now:	Ideal:
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Cooking	Now:	Ideal:
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Doing dishes/running dishwasher	Now:	Ideal:
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Emptying dishwasher	Now:	Ideal:
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**HEALTH**

Coordinating medical care	Now:	Ideal:
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Managing health insurance	Now:	Ideal:
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**HOUSECLEANING, REGULAR**

General tidying up	Now:	Ideal:
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Making beds	Now:	Ideal:
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Cleaning kitchen, general	Now:	Ideal:
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Vacuuming	Now:	Ideal:
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Sweeping	Now:	Ideal:
Washing floors	Now:	Ideal:
Cleaning bathrooms	Now:	Ideal:
Taking out garbage and trash	Now:	Ideal:
Recycling	Now:	Ideal:
Laundry	Now:	Ideal:
Folding laundry	Now:	Ideal:
Putting away clean clothes	Now:	Ideal:
Putting out clean towels	Now:	Ideal:
<b>HOUSEWORK, PROJECTS</b>		
Home repairs	Now:	Ideal:
Washing/waxing floors	Now:	Ideal:
Washing windows	Now:	Ideal:
Changing lightbulbs	Now:	Ideal:
Appliance repairs	Now:	Ideal:
Defrosting and cleaning refrigerator	Now:	Ideal:
Yard and garden work	Now:	Ideal:
Other:		
_____	Now:	Ideal:
_____	Now:	Ideal:
_____	Now:	Ideal:

Now you should have a clear sense of which tasks you currently share and which fall into each partner's domain. Depending on what you consider ideal, it may be time to reallocate domestic tasks so that the load is more equitable. Remember, the actual quantity of housework the husband completes is less important than whether his wife considers him to be pulling his weight. What is critical, however, is that the husband attend to chores without his wife having to ask ("nag") and that he be flexible in what duties he takes on, depending on her needs. For example, if he sees that she's especially tired one night, does he volunteer to wash the dishes even though it's her turn? This conveys that all-important honor and respect. Helping his wife in this way will turn her on more than any "adults only" video. Of course, if in your relationship the sex roles are reversed when it comes to household chores, the rules still apply.