

CATEGORY 5

# Household Expectations

## Couples Discussion Guide

### INSTRUCTIONS

Complete your side independently first. Be honest — not diplomatic. Then share with your partner and discuss. The goal is understanding, not agreement.

### QUESTION REFLECTION

For each question, write your honest answer in 1–3 sentences.

#### 1. How will you divide up the household duties?

Him:

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Her:

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#### 2. What role do you play in the marriage?

Him:

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Her:

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#### 3. What is your spouse's role in marriage?

Him:

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Her:

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#### 4. Who will handle which specific chores (cooking, cleaning, laundry, yard work)?

Him:

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Her:

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#### 5. How should we handle household tasks when one person is busier than the other?

Him:

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Her:

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**6. What are your standards for cleanliness and organization?**

Him:

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Her:

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**7. How should we handle home maintenance and repairs?**

Him:

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Her:

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**8. What decisions require both of our input versus individual decisions?**

Him:

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Her:

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**9. How should we handle grocery shopping and meal planning?**

Him:

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Her:

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**10. What are your expectations about pets in our home?**

Him:

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Her:

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**11. How should we manage household schedules and calendars?**

Him:

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Her:

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**12. What happens when one person doesn't fulfill their household responsibilities?**

Him:

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Her:

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**13. Should we hire help for any household tasks?**

Him:

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Her:

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**14. How should we handle hosting guests and entertaining?**

Him:

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Her:

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**15. What are your thoughts on home decor and furnishing decisions?**

Him:

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Her:

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## AFTER THE DISCUSSION — Complete Together

The answer that surprised me most from my partner was:

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One expectation I now understand about my partner that I didn't before:

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One thing I am committing to do differently based on this conversation:

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## ALIGNMENT RATING

*Circle one for each:*

**How aligned are we on household duties and roles?**

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

**How satisfied am I with how household responsibilities are shared?**

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

## OUR AGREEMENT

*Write one shared commitment based on what you discovered in this category:*

**"In the area of Household Expectations, we agree to:**

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"

**Signed:** \_\_\_\_\_ **&** \_\_\_\_\_

**Date:** \_\_\_\_\_