Isn't It Time Somebody Took Out the Garbage?

Some marriage counselors say the challenge of getting all the housework done can produce as much stress as any other common marital issue. That's why we created this exercise to help you and your spouse divvy up household chores, cut down on disagreements and free up more time for doing the things you enjoy.

When deciding who will do what, it's helpful to consider how often each task needs to be performed. Meals are prepared three times a day, for example, but income tax returns only need to be filed once a year. To complete the exercise, mark one of the three choices for each task. However, in some cases another option might be the best solution, such as having one of your kids take care of it, or paying a trained professional to do it.

Indoor Tasks

	Husband	Wife	Both
Does the laundry	☐	☐	☐
Does the ironing	☐	☐	☐
Washes the dishes	☐	☐	☐
Prepares breakfast	☐	☐	☐
Prepares (or packs) lunches	☐	☐	☐
Prepares dinner	☐	☐	☐
Cares for the pet(s)	☐	☐	☐
Dusts the furniture	☐	☐	☐
Makes the beds	☐	☐	☐
Washes the windows	☐	☐	☐
Sweeps, vacuums the floors	☐	☐	☐
Cleans toilets, tubs, sinks	☐	☐	☐
Household repairs	☐	☐	☐
Cleans out the closets	☐	☐	☐
Cleans out the garage	☐	☐	☐
Cleans out the basement	☐	☐	☐
Cleans out the refrigerator	☐	☐	☐
Coordinates family calendar	☐	☐	☐
Sends out greeting cards	☐	☐	☐
Maintains medical records	☐	☐	☐
Pays the bills	☐	☐	☐

Keeps financial records	☐	☐	☐
Prepares income tax returns	☐	☐	☐

Other Indoor Tasks

_____ ☐ Husband ☐ Wife ☐ Both

_____ ☐ Husband ☐ Wife ☐ Both

_____ ☐ Husband ☐ Wife ☐ Both

Outdoor Tasks

	Husband	Wife	Both
Carries trash out to the curb	☐	☐	☐
Walks the dog	☐	☐	☐
Dry cleaning	☐	☐	☐
Buys groceries	☐	☐	☐
Returns library books	☐	☐	☐
Washes windows	☐	☐	☐
Takes care of the lawn	☐	☐	☐
Tends the garden	☐	☐	☐
Rakes leaves	☐	☐	☐
Prunes trees, trims hedges	☐	☐	☐
Auto repairs/maintenance	☐	☐	☐
Cleans out the rain gutters	☐	☐	☐
Paints the house	☐	☐	☐
Take kids to school/activities	☐	☐	☐
Takes the kids to the doctor	☐	☐	☐
Attends parent/teacher conferences	☐	☐	☐
Buys clothes for the kids	☐	☐	☐

Other Outdoor Tasks/Errands

_____ ☐ Husband ☐ Wife ☐ Both

_____ ☐ Husband ☐ Wife ☐ Both

_____ ☐ Husband ☐ Wife ☐ Both