

# BALANCED PARTNERSHIP GUIDE



## BUILDING A STRONGER, FAIRER RELATIONSHIP

A THRIVING RELATIONSHIP ISN'T JUST ABOUT LOVE—IT'S ABOUT PARTNERSHIP. WHEN RESPONSIBILITIES PILE UNEVENLY ONTO ONE PERSON, IT CAN LEAD TO FRUSTRATION, EXHAUSTION, AND RESENTMENT. THE GOAL OF THIS GUIDE IS TO HELP YOU AND YOUR PARTNER TAKE STOCK OF YOUR CURRENT DYNAMIC, REDISTRIBUTE RESPONSIBILITIES FAIRLY, AND CREATE A SYSTEM THAT WORKS FOR BOTH OF YOU LONG-TERM.

## STEP 1: ASSESSING THE BALANCE IN YOUR PARTNERSHIP

Before making any changes, take a moment to reflect on how things currently operate in your relationship. Ask yourselves:

1. Do both partners feel valued and supported in daily responsibilities?
2. Are there tasks one partner defaults to simply because it's always been that way?
3. Is there an unspoken expectation that one person will handle certain responsibilities, even if they don't enjoy or have time for them?
4. Have either of you ever felt burnt out or unappreciated in your role?
5. Rather than assigning blame, this is about recognising patterns so you can work as a team to adjust them.

## STEP 2: REBUILDING THE PARTNERSHIP WITH INTENTIONALITY

Now, let's create a partnership that feels balanced and supportive.

Shifting from "Helping" to Shared Ownership. A common frustration in relationships is that one person feels like a manager while the other sees themselves as "helping." A true partnership means both people take equal ownership of tasks—not just waiting to be asked.

Try this perspective shift:

- ✗ "Let me know if you need help with anything."
- ✓ "What's a household task I can take over permanently?"
- ✗ "I did the dishes for you."
- ✓ "I did the dishes because we both use them."

By framing responsibilities as shared duties rather than favors, both partners contribute in a way that feels fair.

- BALANCED PARTNERSHIP - HONEY WE NEED TO CHAT 2025

## STEP 5: STRENGTHENING COMMUNICATION AROUND RESPONSIBILITIES

Once you've started making changes, how you communicate about responsibilities will determine whether they stick.

Try these conversation starters when things feel unbalanced:

... "I've realised I handle [task] by default, but I'd love for us to check in and make sure this setup works for both of us."

... "I really appreciate what you do, and I want to make sure we both feel supported. What's one thing I could take off your plate?"

... "I don't want either of us to feel like we're nagging. Would it help to set up a simple system to track tasks together?"

... "I'd love for us to have more free time together. What's one responsibility we could adjust or split to make that happen?"

... "I know we both contribute in different ways, but I'd love to make sure things feel fair. Can we look at what's working and what isn't?"

A strong partnership means ongoing adjustments and open conversations. The goal isn't just to fix an imbalance today but to build a relationship where both people feel supported, appreciated, and equally invested.

### FINAL THOUGHTS

A truly balanced partnership isn't about splitting everything 50/50—it's about both partners feeling valued, supported, and seen. Small changes can make a big impact, and the more openly you communicate, the stronger your relationship will be.

 **Action Step:** Set a date for a check-in one month from now. See what's working, what isn't, and adjust as needed!

See last page for a list of suggested tasks to discuss

## CONGRATULATIONS

**ON COMPLETING  
THE BALANCED  
PARTNERSHIP GUIDE**

## Suggested Responsibilities to Review & Rebalance

**This list includes common physical, mental, and emotional labor in relationships.  
Use it to spark conversation and ensure balance.**

### Daily Household & Chores

- ✓ Meal planning & cooking
- ✓ Grocery shopping
- ✓ Washing dishes/loading & unloading the dishwasher
- ✓ Taking out the trash & recycling
- ✓ Sweeping, vacuuming, & mopping
- ✓ Cleaning bathrooms
- ✓ Doing & folding laundry
- ✓ Changing bed sheets
- ✓ Watering plants
- ✓ Checking mail & sorting paperwork
- ✓ Keeping common areas tidy
- ✓ Managing pet care
- ✓ Keeping track of household essentials

### Parenting & Family Responsibilities

- ✓ Scheduling doctor & dentist appointments for kids
- ✓ Keeping track of school events, permission slips, & dress-up days
- ✓ Packing school lunches & snacks
- ✓ Arranging playdates & extracurriculars
- ✓ Managing childcare/babysitter schedules
- ✓ Helping with homework & school projects
- ✓ Planning birthday parties & celebrations
- ✓ Handling bedtime routines
- ✓ Tracking kids' emotional well-being
- ✓ Keeping track of clothes & shoe sizes
- ✓ Scheduling & attending parent-teacher meetings

### Home & Car Maintenance

- ✓ Taking care of home repairs
- ✓ Yard work
- ✓ Checking & changing air filters, smoke detector batteries, and light bulbs
- ✓ Winterising home & vehicles
- ✓ Arranging car maintenance
- ✓ Managing home improvement projects
- ✓ Organising & decluttering
- ✓ Remembering warranty expirations & appliance maintenance

### Financial & Administrative Tasks

- ✓ Budgeting & financial planning
- ✓ Paying bills & tracking due dates
- ✓ Managing savings & investments
- ✓ Reviewing & handling insurance policies
- ✓ Filing taxes & keeping financial records
- ✓ Renewing licenses, IDs, and passports
- ✓ Managing shared online subscriptions
- ✓ Keeping an emergency fund & knowing where key documents are stored

### Social & Emotional Labor

- ✓ Planning date nights or quality time
- ✓ Remembering anniversaries, birthdays, & special dates
- ✓ Checking in on partner's emotional well-being
- ✓ Managing family or in-law relationships
- ✓ Sending thank-you cards & RSVPs
- ✓ Making holiday plans & traditions
- ✓ Handling conflict resolution & emotional support
- ✓ Keeping up with friends & social connections
- ✓ Supporting kids' emotional needs
- ✓ Monitoring partner's workload & stress levels
- ✓ Managing the "mental checklist" of everything that needs to get done