



CREATING BALANCE

BUILDING A BETTER RELATIONSHIP

CREATING BALANCE AND SUPPORT

This activity is aimed to help you create a foundation of balance, consistency, respect, and commitment. The activity explores how you and your partner approach life and your relationship.

Getting started

You and your partner are going to need to schedule time(s) that are distraction free and committed to each other. The time you pick should be mutual and agreed upon.

FRIENDLY REMINDER

Make it a priority to commit time to this exercise. The important factor to remember is that you are working to create a meaningful experience while showing your significant other that they are valued, needed, and loved.

STEP I

The first step is to individually fill in the table below. When completing the table, focus on how you contribute to the life you have and the relationship.

One table is for (partner A) and the other for (partner B).

PARTNER A	
CHORES/TASKS/RESPONSIBILITIES = HOW I CONTRIBUTE TO OUR LIFE AND RELATIONSHIP	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

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PARTNER B	
CHORES/TASKS/RESPONSIBILITIES = HOW I CONTRIBUTE TO OUR LIFE AND RELATIONSHIP	
1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

STEP 2

Now that you have your tables completed, take a moment to share it with your partner. During the sharing period evaluate the following:

- How you and your partner contribute to the life that you have created and the relationship.
- Gratitude, respect and understanding for the support being provided.

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STEP 3

The final step is to adjust the table or how you approach this area of life.

- The table can be adjusted by moving tasks such as who does laundry from one partner to the other.
- How you approach this area of life can be adjusted through verbal and non-verbal acts. As an example, making the adjustment to practice daily appreciation for the contributions your partner makes. Or leaving your partner a thank you note sharing how happy you feel knowing that they are mutually working with you in the relationship.

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Use the table below to make adjustments.

HOW WE CONTRIBUTE TO OUR LIFE AND RELATIONSHIP	
PARTNER A	PARTNER B
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.

Remember the goal is not to fight. It is not to show your partner that you are better or to win because you are doing more. The aim here is to focus on how each can contribute to the growth of the relationship.

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