

Household Roles and Responsibilities Worksheet

Directions: Think about the different roles and responsibilities that take place in your household every day. These can include things like cooking, washing dishes, laundry, mowing the lawn, grocery shopping, dog walking, paying bills, and driving the kids around to school and activities. For each activity, indicate who did it before and during deployment, and who will probably do it after deployment. Then indicate with a (+) if having that person do this chore is a positive thing. If for some reason this is a negative thing, indicate this with a (-).

What is the household task?	Before Deployment Who did it?	+/-	During Deployment Who does it now?	+/-	After Deployment What would be ideal?	+/-