

GENDER EXPECTATIONS

How to bring some reality to your views of your partner!

A lot of couple conflict arises because of assumptions that each partner has about gender roles, which they might have learned in their family of origin, or something they have come to believe because of work colleagues, etc. This instrument allows the couple to set out their views and assumptions individually and then share this for discussion.

| Statement | Agree | Don't know | Disagree |
|---|-------|------------|----------|
| Men are better suited to: | | | |
| • Building a permanent career | | | |
| • Keeping household equipment in order | | | |
| • Complaining to suppliers | | | |
| • Disciplining children | | | |
| • Making holiday arrangements | | | |
| • Looking after family finances | | | |
| • Driving a family car | | | |
| Women are better suited to: | | | |
| • Making sure children are ready for school | | | |
| • Keeping up with children's progress in school | | | |
| • Staying at home with children | | | |
| • Keeping in touch with family and friends | | | |
| • Remembering birthdays | | | |
| • Shopping for food | | | |
| • Doing most of the household chores | | | |

Complete this questionnaire individually and then share your views with your partner, noting especially where you have markedly different views. You might want to spend time considering how these differences between you affect how you are as a couple, and as parents.

GETTING TO KNOW YOU.....

Relationships change over time. This instrument can be used as a one off exercise but is probably more useful when completed a second time after a significant period of time has elapsed, to see how things might have changed and developed. It can also be used to help the couple build self-esteem by providing an opportunity for direct feedback.

Complete as many of these statements as you can, fairly quickly – don't take too long deciding how to complete the statements as it is your first impressions and reactions that is most important.

I feel most confident when...

I wish people would...

I worry about...

I see myself as...

I am best at...

I am learning to...

I enjoy...

I want to be able to...

I look forward to...

I don't like...

I'm not afraid to...

I'm happiest when...

I'm getting better at...

I get hurt when...

I am glad that...

My boss sees me as...

When I am with my brother/sister...

Old friends would say...

Colleagues at work see me as