

Self Time Equality Scale



How equal are you and your partner in time spent on personal pursuits? Talk with your partner about the time per week (or month or year) you each spend on each activity. Add more items as you think of them; ignore those that don't apply. In the Who column, put an "=" sign by those items that you feel are equally shared, or the **initials** of the person who does more of the activity by those items that aren't equal. It's okay if one of you does 100% of a given task! Then, put an **X** on the scale to show your current *overall* recreation balance. Use the Who column to talk about how you might move toward a more equal picture.

Parent A

Parent B



Who	Activity/Issue	Who	Activity/Issue
	Adventures		Reading
	Blogging		Relaxation (general)
	Classes (generally not career-related)		Religious-affiliated activities
	Dining		Retreats/spas
	Exercise		Salon services
	Games – board/cards/computer/other		Self-help – group meetings/therapy sessions/conferences/journaling
	Hobbies		Sports – participating/observing
	Internet surfing		Physical health (doctor, dentist, acupuncture, massage, etc.)
	Meditation and spirituality		TV
	Music – participating/observing		Vacations
	Organizational activities (nonwork)		Volunteer activities or philanthropy
	Personal projects		