

# Emotional Labor Quiz

Give one point in the appropriate column : (suggestion: you may want to print this off and ask your spouse to complete it and compare answers. It would be a great discussion)

You	Your partner	
		The one is more likely to know how much milk is in your fridge
		The one who knows when it is time to invite your parents over
		The last person to have talked to your child's coach/piano teacher etc.
		The person who bought the birthday gift for the last birthday party your child attended (with or without your child along)
		The person who planned the date and the invitations for your child's birthday party
		After your last disagreement as a couple, the person who first approached the other to gently reconnect
		The one who puts the majority of events on the family calendar
		The one who is more likely to research issues your child is facing to develop strategies to address the problem
		The one whose job it is to ensure the laundry is caught up and done (note: this is different than the one actually doing it)
		The one who is the Christmas shopping coordinator: getting Christmas lists, organizing the shopping, knows what is left to get, and most feels the pressure to ensure all that all shopping gets completed
		The one to arrange the babysitter/housekeeper/dog walker
		The one to notice that it is time for a "date night" out as a couple
		The one who sends the condolence cards and/or flowers when a person close to the family is grieving a death
		The one to notice that you child is struggling and could use a little extra tender loving care
		If a note needs writing for school, or a permission slip needs to be signed, you take care of it
		If you both have an important function on Friday night that you need to attend together, the one that is more likely to acquiesce, saying: "We'll do your thing."
		When going out for dinner, the one who is more likely to say, "Let's go where you want to go"
		The one who researched potty training when it was time to move your child out of diapers
		The one who knows the most urgent "fix it" tasks in the household
		Which one of you most recently looked at the other to ask: "how are we really doing as a couple?"
<b>Total:</b>	<b>Total:</b>	The greater the disparity between the total of your two scores, the greater the load of emotional labor falls to one spouse

Subtract 3 points from your score if, when your spouse expresses frustration, your answer often involves something like: "Give me a list, and I'm happy to help."