Household Roles and Responsibilities Worksheet

Handout available for download on the YRRP website at:
www.yellowribbon.mil/cms/event-handout

Directions: Think about the different roles and responsibilities that take place in your household every day (e.g., cooking, dishes, laundry, driving the kids to school). 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 positive. If for some reason the situation is negative, 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?