

HOW WE USE OUR TIME

Nowadays, and especially since so many couples both work outside the home, managing time has become a critical issue for many couples. Why not take a look at how you are dealing with this area of your relationship?

Here are some questions to help you. First, separately answer “yes” or “no” or “don’t know” for each item. Then share your findings together and see whether some changes might be desirable.

1. Do I feel that I am in control of my time?
2. Do we each try to avoid over-scheduling?
3. Does each of us set limits on the time demands of our work?
4. Are we each getting enough sleep to cope effectively during our waking hours?
5. Do we practice punctuality when we have engagements?
6. Does either of us watch television excessively?
7. Do we take enough time to keep up with each other’s joys, problems, or concerns?
8. Do we make time to maintain effective contacts with valued friends and family members?
9. Do we find time, separately and together, for creative leisure activities?
10. If we have children, do I feel that we each give them enough of our time?
11. Do we each have adequate amounts of private time for reflection or meditation?
12. What changes would I like to make in how my time is used?