

Reciprocity Counselling

Household responsibilities

Yard work; cleaning the house - for example sweeping, dusting and cleaning the bathroom; grocery shopping; cooking the meals; washing the dishes; doing the laundry; caring for the car.

Rearing of children

Feeding the children; bathing the children; disciplining the children; watching the children; playing with the children; helping the children when needed.

Social activities

Going to the movies together; going out to dinner together; going to parties together; going to night clubs together; going for walks together; going to participate in a sporting activity together; going to watch a sporting activity together; entertaining.

Money

Having an allowance; buying and/or receiving presents; budgeting of money; savings not enough or too much; buying of clothes.

Communication

Planned discussion periods; frequent discussion periods; frequent arguments; the use of tactful/respectful statements; misinterpretation of things said; solving problems through discussion.

Sex

Frequency; location; type; show of public affection; extramarital relationships; jealousy.

Academic or occupational progress

Spend too much time on it; does not spend enough time on it; meets status expectations; too much procrastination; earn enough money; constant complaining about the job; poor job location.

Personal independence

Night out by myself; day off by myself; let me drive the car by myself; let me learn to drive a car; feel free to ask spouse's advice; have money easily available without having to ask the spouse; make household decisions without having to ask the spouse; make household decisions without asking the spouse; able to go to social events without the spouse.

Spouse independence

Spouse relies on you for making household decisions; spouse goes out without you ie movies, sporting events, billiards; spouse will not go out without you; spouse makes most of the decisions without consulting you; spouse is possessive; spouse is not possessive enough; spouse has no friends of his/her own; spouse has no personal interests of his/her own; spouse does not know how to drive a car.

Azrin, N., Naster, B. and Jones, R.

"Reciprocity counselling: A rapid learning-based procedure for marital counselling"

Behaviour Research and Therapy, 1973, Vol 11, pp.365-382.

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