1. What challenges do couples face when the ‘loads’ are carried mainly by one person?

* Exhaustion
* Lack of intimacy
* Greater resentment
* Change in the status quo.
* Dreams unfulfilled.
* Negative perspective
* Lack of energy
* Expectations unmet
* Over functioning/Under functioning
* Possible need to control.
* Lack of flexibility/unreciprocated
* Lose of skill and capacity. Consequences for the other
* Loneliness
* Unappreciated
* Ill health

1. What issues exist today for couples when it comes to gender roles?
   * Incongruence
   * Confusion
   * Value fluidity… changing values over time regarding roles
   * Our Family of Origin (FOO) is exempt… denial
   * Or we ‘will’ be different from our FOO, therefore nothing to see here… denial
   * People don’t understand their expectations until they are no longer met
   * Discomfort… it is OK to endure a level of discomfort in a relationship.
   * Getting married is risky.
   * Ask questions: how do you want your roles to be in relationship?
2. When working with premarital couples how can we more beyond the hypothetical in our discussions with them?
   * Ask couples how they envisage roles now and in future, as things change
   * How did this happen in your FOO? How was it like for you? How will it be today? What will it look like for your children?
   * Ask them to speak about how it will feel.
   * Ask couples to discuss traditional versus egalitarian thinking!
   * How will you keep up with changes in circumstances, career, etc.