

# FAIR PLAY

## Here are some conversation starters for after watching FAIR PLAY!

Remember when starting a conversation, it's important to find a time when emotion is low, and cognition is high (ex: after the kids are asleep and you have a tub of ice cream in hand).

Don't worry about answering all these questions at once, pick 1 or 2 to get started.

1. What did the division of labor look like in your house growing up? Do you remember how your parents, or the caregivers in your house, divided up the workload? What were you, as a kid or a sibling, responsible for?
2. Have you ever had a 'blueberry breakdown moment' where one domestic chore or an 'ask' from your partner sent you over the edge? What was it? Did you share your frustration with your partner?
3. Is there a certain point in the day, or during the week, when it feels especially hard to juggle all the moving parts in the home? What is your boiling over—I'm about to come undone—hour? What do you most need at that point from your partner and for yourself?
4. What's one task that you could hand off to your partner, outsource or take off your plate completely, that would ease your sense of overwhelm and burnout at home?
5. Eve shares the 'Case of the Drunk Guy's Jacket' of a moment when she felt her time did not matter to her partner. Have you ever felt this way? What was the situation? Did you share this frustration with your partner? If so, how did it go?
6. Do you ever feel it is "easier" to execute a task yourself? If so, why? How does your partner feel about this?
7. Pick a card from the [Fair Play deck](#) that sparks a childhood memory or story. How did this card play out in your home as a kid and how does it show up in your household now?
8. Do you know how to 'own' the card you just picked from the deck? Meaning, what is the Conception, Planning and Execution (CPE) that needs to be done to complete the task from start to finish? And where is the majority of invisible work hidden? (Hint: it's usually in the 'C' and the 'P')
9. Pick a chore or task you do in a week. With your partner, write down the number of minutes or hours you spend researching, planning, scheduling, managing, and executing. How much time did it take before executing the task? How much time did the task take overall? Remember that time is counted in minutes, not dollars.

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10. Sometimes it feels like “in the time it takes me to explain how to do it, I might as well just do it myself”. We promise that the time investment will be worth it in the long run. Talk through your standards and expectations for one card from the deck that you both value. Discuss why this card is important to both of you and how you each expect and want it to be done. Based on your ‘why’, can you mutually agree who will hold it and how it will be tackled from start to finish?
11. Do you believe an hour holding your child’s hand in the pediatrician’s office is just as valuable as an hour spent in the office? Discuss why or why not.
12. Kristian and LeeAnah shared their communication rules for framing their conversations to be fair and respectful. What are the rules or daily practices that you and your partner would need to create in order to freely check in and discuss how to make your household feel more efficient, equitable and fair?
13. What is one thing that you’d each like to create uninterrupted time for outside your roles and responsibilities in the home? Can you each honor and afford each other the time to actively pursue the thing that makes you feel like you again?
14. Describe a moment when you felt valued and appreciated by your partner for all the contributions you make to the home. And vice versa, recall an instance when you expressed gratitude to your partner for all the contributions they make to the home.

**Inspired to bring Fair Play into your own home? Need some additional support?  
Find a facilitator near you to get started!**

<https://bit.ly/FairPlayMethod>

