HAND OVER ONE WHOLE RESPONSIBILITY



If I Have to Remind You, It's Still My Job

Choose one recurring task that both people are willing to discuss. Walk through the work that happens before anyone sees it finished. Then decide who is willing and able to take it from start to finish.

What a whole handoff sounds like

"I'll take the car service this month. I'll notice when it's due, make the appointment, arrange the ride, and tell you when it's done. You can take the reminder off your phone."

Notice	What tells someone it's time? Where is the date, supply list, or reminder?
Plan and do	Who makes the decision, gathers what is needed, and does the task?
Close the loop	Who sends the update when it's finished or the plan needs changing?

The task I'm taking, including the parts that were easy to overlook

What information or access do we need to exchange once?

When will we see whether any of the remembering still lands on the other person?

Try one handoff for one cycle. If the workload still feels uneven, that is worth discussing in its own right.

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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