

Summary

The interviewee is a woman who has been living with her husband in a single-family home for about two years. They have a strong, open relationship and communicate honestly, even if discussions sometimes get loud. She feels they work well as a team and credits her husband for their comfortable lifestyle, though she occasionally senses he lacks understanding of women's roles.

She handles nearly all the household chores, including walking their dog three times a day, while her husband takes care of most external work. She appreciates the flexibility their lifestyle affords, allowing her to procrastinate at times, though she feels he doesn't always recognize the mental load involved in managing the house.

While she doesn't want to track every task, she would find a simple timer app helpful for comparing time spent on household and family responsibilities. Overall, she feels supported, and their communication naturally leads to solutions despite occasional disagreements.

General Information

Do you work or study?

work and do most of household

Living situation

How many people do you live with?

1

How long have you been in this living situation?

About 2 years

What is your relationship with these people? (Family, shared apartment, colleagues, friends, partners)

Husband

How would you rate yourself on a scale from 1 (completely spontaneous) to 10 (everything planned)?

3 or 7, hard to estimate since I plan everything but at the same time there are so many things coming in between that I mostly have to be spontaneous

Cohabitation/Communication

How would you describe your cohabitation?

Open and honest. We say what we think without a filter and even if it gets a bit louder sometimes, we always figure things out.

Sometimes I say something and his answer comes later because he gets annoyed in the moment.

I sometimes feel like he has a lack of emancipation of women.

Is the cohabitation as you imagined it? (What is different?)

Yes, we are very lucky. He is the reason we can live luxuriously.

How would you describe the current communication in your living situation?

open

Are expectations clearly communicated?

Yes, I say it very clearly and loud enough if it is important. He is a bit hesitant sometimes but if it is important to him he says it clearly too.

How do you handle differing expectations?

I'm always right (in a joking way). We discuss and find a common solution.

How would you describe your relationships with your housemates?

Teamwork

How do you deal with conflicts?

Loud discussions sometimes but nothing we can't handle.

How do you find a common solution?

Both say their opinion and a solution will come on its own.

How do you handle forgotten tasks?

If the task is my responsibility, I do them as quickly as possible. If it's hers I only mention it if there is a deadline approaching.

Are there any wishes you have regarding your communication?

No, we do everything automatically

We try to not cross each other's way if we have some struggles but after a short time we find a solution so it works for us and is an already known pattern for us.

How do you handle shared spaces and tasks in your living situation?

We have a nice separation if work counts as well.

Household Work/Tasks

How is the household work divided?

100 to 0. He makes a mess and I tidy things up. Sometimes he cooks for me.

We are very lucky, if something does not work out I can just procrastinate it since we live so luxuriously.

Do you think the distribution of tasks is fair? Do others see it that way?

Of course we both think we do more but at the end of the day I think he does more since I can be more spontaneous and do the tasks when I feel like it.

Are you supported?

Yes

How often do you notice things in the household that still need to be done?

All the time, I never get done. We have a big house. But I'm grateful that I can divide my time on my own and do things when I feel like it.

How do you deal with it?

If it is urgent, I do the things that I don't feel like doing but I also procrastinate a lot.

How is it handled when something isn't done satisfactorily?

I always tell him directly. I think he does not really speak up if he wants something.

Personally (e.g., estimates, product opinions, etc.)

Are there things in the household or living situation that cause you stress?

No, I've already got used to everything.

Do you think of other reasons for mental load?

My father is getting older and I'm worried when his last day might be. I try to enjoy every second with him.

Sometimes I procrastinate too much and then feel overwhelmed by my workload.

Can you estimate how large your share of the household planning is?

Hard to estimate, maybe 10%, maybe 5%

Can you estimate how large your housemates' share is?

Very big but this is only because he works 100% or even more

Product

Have you ever tried to track your work in household planning?

Yes, I write letters all over the place about what I have to do. And I like the very simple, quick way of doing so.

Do you think tracking mental load would be helpful?

I don't want to do more tracking than now. I refuse to write every task on an app so that they get all the data from me. Nobody has to know what I did when.

What aspects would you find interesting to see or share with others?

I would like a very simple timer app where you only have to press start and stop when you're doing something for the family (work or household). This way there is not too much data and I still can compare the amount we spent at the end of the month or week.

Are there things that are often underestimated in task distribution?

Sometimes I feel like my husband thinks that there is nothing to do. No gratitude. Also our dog is a bit older and has to go for a walk about 3 times a day. If I have to walk it feels like he thinks it's my hobby but if he has to go it's hard work...