

exercise

Whose Space Is It, Anyway?

Power struggles aren't just verbal. They can also be turf wars—territorial skirmishes that take place in the living room, the bedroom, and even the bathroom as you and your spouse vie for control of the living space in your house or apartment. Walk through your home together. In each room, stop and ask:

- Who chose the rugs, furniture, and decorations—and decided where each should be placed? Does the style reflect both your tastes or not? Do you both like the room's look and the way it functions?
- Whose personal belongings occupy the most space in this room? Whose are most prominent? Do either of you have piles of things here that really belong someplace else?
- Who controls the most space in your home for personal use and for the display and storage of personal belongings? Who has the least? Is the division of space fair or not?
- Are there areas that seem unbalanced—in terms of style, storage, or use—that you and your spouse would like to discuss and change?