



Instructions: Discussing Relationship Expectations

Step-by-Step Instructions:

1. Discuss the goal of this exercise. Review the Tips for Discussion section below to assist you with this dialogue.
2. Provide each participant with a copy of the Discussing Relationship Expectations worksheet.
3. When both participants have completed the exercise, review the Activity Take Away section with the couple and encourage the couple to continue discussions together at a later time.

Tips for Discussion and Processing

The case manager should help couples understand that one of the most common causes of relationship conflict comes from unrealistic or unexpressed expectations. Assumptions about how the partner should think or behave can create problems when a partner doesn't recognize his or her own, sometimes conflicting, expectations. Cultural differences and religious views can also be different between partners and should be considered when helping couples navigate through their issues. An activity related to compromise may also prove to be useful when the couple appears to lack this skill.

Resources:

The Truth about Relationship Expectations
<http://www.celebratelove.com/expectations.htm>

Setting Good Expectations
<http://www.webmd.com/sex-relationships/guide/dating-tips-set-expectation?page=2>

Activity Take-Away: Remember, if we are clear about our own expectations, both in what we will do for our partner, and what we expect to receive, we are more prepared to handle the disagreements that arise. Couples must arrive at an agreement of expectations for lasting relationships. Relationships are an arena for give and take in these expectations. Compromise is always a good goal!

Title: Instructions - Discussing Relationship Expectations

Group Size: 10 to 50+; must be even numbered group as they will work in pairs

Time Needed: 20 minutes (discussion times vary)

Goal: To assist couples with understanding and setting realistic expectations.

Audience: Couples

Special Considerations:

Resources Needed:

- Activity – Discussing Relationship Expectations worksheet (one per person)
- Writing utensils