

Worksheet - Discussing Relationship Expectations

Expectations we have in relationships are a direct result of our life experiences. These experiences range from parent/child, work, friendship, and romantic relationships. As a result of these different types of relationships, we develop our own set of expectations that carry over into new relationships. We don't always share the same experiences as our partners and therefore, don't always share the same expectations. Consequently, this can negatively affect the relationship at times.

So, how do we manage these differences? We can do this by paying attention to what is being communicated, what is not being communicated, and when there is miscommunication. Far too often, expectations can either be unspoken, unclear, unrealistic, or misguided.

Instructions:

Step 1: Below are four common areas that are all related to expectations in relationships. In each of these areas, list a couple of words, statements, or thoughts that express what your expectations are.

<p>Parenting</p> <hr/> <hr/> <hr/> <hr/>	<p>Household</p> <hr/> <hr/> <hr/> <hr/>
<p>Money Management</p> <hr/> <hr/> <hr/> <hr/>	<p>Intimacy</p> <hr/> <hr/> <hr/> <hr/>

Expectations

Step 2: In the blank spaces below, identify 3 other areas related to expectations that you would like to discuss with your partner at a later time.

Step 3: When you have completed your worksheet, swap with your partner and begin to discuss. How different are your partner's expectations from yours? Is there a need for further communication?

Step 4: Take your worksheet home and continue your conversation.