

# MANAGING EXPECTATIONS IN YOUR RELATIONSHIP

## Directions

Everyone has certain expectations in a relationship, but having unreasonable expectations will invariably lead to disappointment and even resentment. The following statements are typically not considered to be realistic in a relationship, and yet you may still have them. Check off whether you have had these expectations in the past, and whether you still have them.

## Expectations

1. My partner will meet all my needs for companionship.  
Did you believe this: In the beginning of your relationship?  Yes  No Now?  Yes  No
2. Time will resolve any problems we may have.  
Did you believe this: In the beginning of your relationship?  Yes  No Now?  Yes  No
3. If I have to ask for something, it is not as meaningful.  
Did you believe this: In the beginning of your relationship?  Yes  No Now?  Yes  No
4. When there is less romance that means we have less love for one another.  
Did you believe this: In the beginning of your relationship?  Yes  No Now?  Yes  No
5. My partner's interest in sex must be the same as mine.  
Did you believe this: In the beginning of your relationship?  Yes  No Now?  Yes  No
6. We will always do things just like my family did.  
Did you believe this: In the beginning of your relationship?  Yes  No Now?  Yes  No
7. Arguing and disagreements are a sign that there is a problem in the relationship.  
Did you believe this: In the beginning of your relationship?  Yes  No Now?  Yes  No
8. I believe I know everything there is to know about my partner.  
Did you believe this: In the beginning of your relationship?  Yes  No Now?  Yes  No
9. Love is all you need for a great relationship.  
Did you believe this: In the beginning of your relationship?  Yes  No Now?  Yes  No
10. Keeping silent about something bothering me is better than causing unnecessary problems in our relationship.  
Did you believe this: In the beginning of your relationship?  Yes  No Now?  Yes  No

## Discussion

Do you think you have expectations about your relationship which are unreasonable and possibly harmful? Why do you think this might be true?

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