

EXERCISE 6: The Relationship Expectations Questionnaire

At the beginning of a relationship, people have high hopes for the future. Even if they are having problems, they believe that love will conquer all. Sometimes one partner might say, "I know he lies, but I think I can change him" or "She spends every cent she earns, but it will be different after the wedding." These people have unrealistic expectations of their partner and the future of their relationship.

Write down the three most important expectations you have now about your relationship:

Expectations of myself	Expectations of my partner
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Write down the three most important expectations you had about your relationship on your wedding day or at the time you began this relationship.

Expectations of myself	Expectations of my partner
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

Are you ready to show this to your partner? Yes _____ No _____