

Expectations Worksheet

Expectations for self	
The expectations I have for myself as a PARTNER are	
The expectations I have for myself as a PARENT are	
The expectations I have for myself as a PARTNER AFTER becoming a parent are	
Expectations for partner	
The expectations I have for my partner as a PARTNER to me are	
The expectations I have for my partner as a PARENT are	
The expectations I have for my partner as a PARTNER AFTER becoming a parent are	

Explore Your Expectations Exercise

1. What is your expectation?
2. On a scale of 1 to 10, 1 being "Not at all" and 10 being "Very," how important is this expectation to you?
3. What does this expectation mean to you? What's the backstory?
4. On a scale of 1 to 10, how important is this expectation to the functioning of your home, family, or relationship?
5. What is your revised expectation?
6. What's your plan for when the old expectation shows up in your relationship?