

# Personal Expectations Inventory

## Instructions:

1. Sit down alone, and make a list of expectations you have about your current relationship
2. Rate each of these expectations as either "High" "Low" or "Reasonable"
3. If you have expectations that are too high/low, write down a plan for how YOU (not your partner) can take responsibility for making this expectation more reasonable

## Optional Steps

4. Sit down with your partner and compare expectations lists - Discuss where there may be differences
5. Have a discussion with one another about how you can better help meet each other's realistic expectations

## Example:

### How you will do gifts in your relationship

Expectation: I want my husband to surprise me with diamonds for every major holiday (Christmas, birthday, anniversary, etc.)

High   X   Low            Realistic           

Adjustment Plan: Diamonds are pretty expensive, and maybe it's not realistic for me to expect us to be able to afford that for every holiday. Maybe I could let my husband know that I would like diamonds as a gift once a year, and he can surprise me with which holiday he decides to give them to me.

Following is a list of possible expectations that you can have for yourself or your partner in your relationship. This list is certainly not exhaustive, so please feel free to add to the expectations found below.

**Possible Expectations for Evaluation**

**Division of labor in the home (ex. who will do what chores, who will handle the finances, etc.)**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**How you will take care of each other when one (or both) of you is ill**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**How many children you want to have in the future**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**Who will be the main breadwinner / Whether or not one of you will be a stay-at-home parent**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**How often you will have sex**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**What you would like your household income to look like**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**How affection will be expressed both in public and in private**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**Whether or not you will travel as a couple/family**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**What relationships with in-laws will look like**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**Whether or not you will have any pets**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**What schooling will look like for you and your partner**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**Who will drive when you are in the car together**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan:

**How much money you will spend/save, and what on**

Expectation:

High \_\_\_\_\_

Low \_\_\_\_\_

Realistic \_\_\_\_\_

Adjustment Plan: