

The third OPTION™

EXPECTATIONS WORKSHEET #3

- "Unfilled expectations are often at the core of marital disillusionment." - Lasswell/Lobenz
- Expectations are assumptions about how things "should" be (i.e. demands). They are our "shoulds," "oughts," and "musts."
- Unfulfilled expectations FEEL like rejection.
- "What did I expect?"
- Expectations are often: UNconscious, UNspoken, UNreasonable, and UNsettled.
- "We do not have a RIGHT to our expectations."
- "Turn expectations into hopes."

QUESTIONS TO PONDER

SELF:

Do I know my expectations for: marriage, sex, love, money, holidays, children, in-laws, husband-wife roles, life in general? Are they realistic? Have I communicated them to my spouse? How many of them am I willing to make hopes rather than expectations?

IN RELATION TO MY SPOUSE:

Do I know my spouse's expectations on these subjects? Where do we disagree? Am I willing to be flexible and negotiate our differences?

SUGGESTED EXERCISES:

I will keep a list of the times I get irritated or angry for one week. Next to each I will answer: "What did I EXPECT?" I will also ask: Where did this come from and is it realistic?

-or-

I will notice how often I use the word "should" or "ought" in relation to my spouse and see if I can translate any of these into hopes.

MY GOAL OR HOMEWORK WILL BE: