

ONE MINDSET GO

Relationship Expectations

A guided worksheet for clarifying needs, assumptions, and what partnership means to each of you.

Make the Unspoken Visible

Every relationship has expectations. Problems often begin when those expectations are assumed instead of discussed. Complete the prompts separately, then compare answers with curiosity.

Communication

I feel most connected when we communicate by:

When I am upset, I usually need:

Quality Time

I would ideally like intentional time together:

Something that makes me feel close to you is:

Affection

I feel cared for when you:

One form of affection that matters to me is:

Responsibilities

One area where I currently feel overloaded is:

A fairer division might look like:

Independence

I need this kind of personal time or space to feel balanced:

I feel supported in my independence when:

Conflict

During disagreements, I need my partner to:

One behavior that makes conflict harder for me is:

Support

When life is stressful, support looks like:

One thing I wish you knew about how I receive support is:

Compare Your Answers

Come back together after completing page one separately. The goal is not to make your answers identical - it is to understand where your assumptions and needs differ.

- ☐ Where are our expectations similar?
- ☐ Where are they different?
- ☐ Which expectations have never been clearly discussed?
- ☐ Are any expectations unrealistic or unfair?
- ☐ What compromise would feel reasonable to both of us?

Three Shared Agreements

1. One expectation we want to make clearer:

2. One compromise we are willing to try:

3. One thing we want to protect in our relationship:

Our Next Check-In

We will revisit these expectations on:

Your partner cannot consistently meet expectations they do not know exist.