

# Getting to Happily

## 8 Week Relationship MakeOver

Step 1	Step 2	
<b>Expectations you have of your partner</b>	<b>Where did this expectation come from? How did you learn it? Who did you see doing or not doing it?</b>	<b>Why do you have this expectation? What feeling does it provide? How will you feel if it's met? What does your partner "show" you by meeting it?</b>
That he will be the primary financial provider for our family.	Society and religion – a man should take care of his family financially, he has a higher paying job, that's how it was in my family.	Provides me with financial security, makes me feel taken care of, show that he "is a man" and understands and takes seriously his responsibility
That he will not have any physical contact (holding hands, kissing, sexual contact) with someone else. Also that he will not have any inappropriate communication (flirting in a sexual way) with anyone else.	Marriage vows, society and religion has taught that commitment should be between two people, by being in an exclusive relationship and marrying me, he has indirectly and directly set this expectation.	For my own emotional safety and security. It helps to build trust and a sense of feeling special. He shows that he loves me more than anyone else.
That he will not discuss any problems we have in our relationship with anyone without letting me know about it, preferably before it happens, but after is also ok as long as it's one of the three people we have already agreed on.	We make this agreement with each other early in our relationship/marriage. I've seen how talking about your issues with people who don't have your best interest in mind can do damage to a relationship. I formed the belief that some things should stay private.	Security that our matters are kept private, that he won't be influenced by the wrong people. I will feel respected and as though he values our relationship.
That he will keep me informed of any financial issues (behind in any bills, accumulating debt, unexpected expenses) if they arise.	The law states that as married partners, we are both financially responsible for any debts and expenses.	It provides a sense of equal partnership, and shows that my partner is honest and trustworthy.
That he will consult me on any major decisions (applying for a new job, large purchases over 1,000) and genuinely consider my opinions.	I've learned (maybe from society) but now it's internalized that marriage is about partnership and that I should have a say in things that affect my life.	I believe marriage is a partnership and that you should respect the other person's opinion; it provides a feeling of value and my partner is showing me that he respects me.
That he will keep up with his household responsibilities – washing dishes when I cook, getting mail, taking out trash, cleaning part of bathroom, vacuuming floor.	We made this agreement, also seeing how stressful and unhappy other people are when they feel that they are doing all the work.	I feel a sense of equality and shared struggle. My partner is showing me that he is willing to do his part and that he won't take advantage of me by leaving everything to me.

**Step 3. Complete the following sentences:**

*When these expectations are not met, I: (something you do)*

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*Which then leads to: (a specific outcome)*

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**Step 4. List the ways you have (or have not) communicated these expectations to your partner.**

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**Step 5. Write down your specific request, being sure to pay attention to TIC (tone, intent, clear) and using the 5 skills.**

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