

Getting to Happily

8 Week Relationship MakeOver

Step 1	Step 2	
Expectations you have of your partner	Where did this expectation come from? How did you learn it? Who did you see doing or not doing it?	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?

Use additional pages as necessary

*for expectations that are met; X for expectations that are not being met

Step 3. Complete the following sentences:

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

Which then leads to: (a specific outcome)

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

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