Expectations table

Each partner writes down their expectations — then you compare them.

> Most expectations in a relationship are never spoken; they are inherited from the family you grew up in and feel self-evident. Fill this in **separately**, then swap sheets and **read without objecting**.

My expectations

AREA	WHAT I EXPECT	HOW IT WAS AT HOME

The areas

1. Household · Money · Free time · Relatives · Parenting · Closeness and sex · Decision-making

After comparing

The three points where the difference is largest

Which difference hurts us most?

What do we talk about first?

For personal use.