

Expectations vs. Reality in Relationships Worksheets

1. Expectations vs. Reality

Reflect on your expectations for your relationship in different areas.

Describe the current reality of your relationship in the same areas listed.

| | Expectations | Reality |
|-------------------------|--------------|---------|
| Communication | | |
| Intimacy | | |
| Shared Responsibilities | | |
| Other | | |

2. Bridging the Gap

For each area, analyze the gap between your expectations and reality. Reflect on why these gaps exist and how they affect your relationship.

3. Adjusting Expectations

Based on your reflection, adjust your expectations to be more aligned with the reality of your relationship. Consider what is truly important and achievable.

4. Appreciating Reality

Identify aspects of your relationship's reality that you appreciate and are grateful for. Recognize the strengths of your partnership.
