



## **Expectations of Love and Partnership**

**Sometimes challenging unrealistic expectations of your partner and relationship can be helpful in learning how to develop a better relationship**

**What are your expectations from your partner and relationship? – use the following to think about these:-**

My partner should love me unconditionally

My partner and I should always feel in tune with each other

My partner should understand and respond to my feelings and needs

My partner should forgive me for only being human even when I find it difficult to accept their imperfections

My partner should understand and be happy to comply when I want them to be close to me, and when I want time on my own

I should never feel bored by my partner

A good relationship should never feel like hard work at times

A good partnership is free from conflict

My partner should be emotionally available to me whenever I need them

If my partner finds it difficult to communicate their feelings or needs there is nothing I can do about that

If I'm not happy in my relationship, it's mainly my partner's fault

We shouldn't have to work at feeling sexual desire for each other; it should come naturally or not at all

When passion for each other wanes, so does the relationship

**Try to be honest with yourself rather than brushing off any that you think only a less perceptive or 'adult' person than you might have!**

**It might be helpful to discuss these and any others you may have with your partner to discover what expectations you each have about your relationship, and whether these expectations are helpful or unhelpful.**