

MODULE 4 — RULE OF SOURCE

Understanding Where Expectations Come From Worksheet

INSTRUCTIONS: Complete this worksheet individually, then discuss your answers with your spouse. Be honest about what you have observed, not what you wish were true.

1. FAMILY VALUES & EXPECTATIONS

What were the core values in your spouse's family? (e.g., loyalty, achievement, tradition, independence, obedience)

What did 'success' look like in their family?

What was considered a failure or disappointment?

2. UNSPOKEN RULES

What rules existed in the family that were never explicitly stated but everyone understood?

What topics were off-limits or taboo?

How were mistakes or failures handled?

3. GENERATIONAL PATTERNS

What patterns from your spouse's grandparents seem to repeat in your spouse's parents?

Is your spouse likely to repeat those patterns, or are they intentionally breaking them?

What patterns does your spouse want to carry into your marriage? What patterns do they want to break?

4. YOUR FAMILY'S EXPECTATIONS

What are the core values and unspoken rules in YOUR family of origin?

How different are your family's expectations from your spouse's family's expectations?

Where do you see potential conflicts between the two family systems?

5. EXPECTATIONS FOR YOUR MARRIAGE

What does your spouse expect from marriage based on their family model?

What role do they expect parents to play in your married life?

Have you explicitly discussed which expectations you're bringing into the marriage?

KEY REFLECTION: What expectations from your spouse's family system are creating tension in your marriage?

Which expectations do you want to honor, and which do you need to renegotiate?