

# EXPECTATION COURSE

## MODULE 3

*How to Communicate Your Expectations Without Starting a War*

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TRANSFORMATION WORKSHEET

Mr. Marriage • The Successful Couple • Lloyd Allen Ministries

## MODULE 3 TRANSFORMATION WORKSHEET

### How to Communicate Your Expectations Without Starting a War

This worksheet is a skill-builder. Work through it slowly. Practice out loud where indicated.

#### PART 1 — DEMAND vs. DECLARE

Read the difference between demanding and declaring — then practice rewriting.

■ DEMAND	■ DECLARE
Attacks the person	Addresses the need
Creates shame and defensiveness	Creates safety and openness
"You never listen to me!"	"I need to feel heard. Can we talk?"
"You don't care about this family!"	"I feel alone. I need your presence."

#### Now rewrite these demands as declarations:

The Demand	Rewrite It as a Declaration
"You're always on your phone!"	
"You never initiate with me anymore."	
"You don't take me seriously."	
"You care more about them than me."	

#### PART 2 — YOUR TONE SELF-ASSESSMENT

Rate yourself honestly on each item. (1 = Never, 5 = Always)

When I communicate a need or expectation...	Him	Her
I choose a calm moment — not when emotions are running high	1–5	1–5
I speak about my feelings without blaming or accusing	1–5	1–5
I stay on the topic at hand — no bringing up old issues	1–5	1–5

I make eye contact and face my spouse when I speak	1–5	1–5
I give my spouse space to respond without interrupting	1–5	1–5
I check my tone before I speak — not harsh or dismissive	1–5	1–5
I listen as much as I speak	1–5	1–5
I end the conversation with connection, not just resolution	1–5	1–5

**Where did you score lowest — and what does that pattern cost your marriage?**

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**PART 3 — CREATING SAFETY FOR YOUR SPOUSE**

Answer these questions about the environment you create when your spouse tries to communicate with you.

**When my spouse brings up a need or concern, my most common first reaction is...**

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**What does my spouse usually do INSTEAD of bringing their expectations to me — and why do you think that is?**

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**What is ONE thing I could change in how I respond that would make it safer for my spouse to be honest with me?**

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## PART 4 — REAL SCENARIO PRACTICE

For each scenario, circle your default response (Demand / Declare / Avoid), then write what you will say instead.

Scenario	My Default	What I'll Say Instead
Your spouse forgot something important to you — again.	<i>Demand Declare Avoid</i>	
You need more intimacy but feel rejected when you initiate.	<i>Demand Declare Avoid</i>	
You feel like you're carrying the household alone.	<i>Demand Declare Avoid</i>	
Your spouse spends money without discussing it with you.	<i>Demand Declare Avoid</i>	
You feel spiritually disconnected from your spouse.	<i>Demand Declare Avoid</i>	

## PART 5 — HONEST CHECK-IN

### Q1. What is your biggest communication barrier when sharing expectations?

<b>A</b>	Fear of rejection — what if they don't care?
<b>B</b>	Past arguments — it always turns into a fight
<b>C</b>	Shame — I feel weak for having needs
<b>D</b>	I don't know how to put my feelings into words

### Q2. When your spouse communicates a need to you, what is your honest first instinct?

<b>A</b>	I get defensive — it feels like criticism
<b>B</b>	I shut down — I don't know what to say
<b>C</b>	I problem-solve immediately — skip the feelings
<b>D</b>	I lean in — I want to understand before I respond

**Q3. Which sentence most honestly describes your communication right now?**

<b>A</b>	We avoid hard conversations entirely
<b>B</b>	We try, but it usually ends in conflict or silence
<b>C</b>	We communicate but rarely feel truly understood
<b>D</b>	We communicate openly and both feel heard

**PART 6 — COUPLE CONVERSATION STARTER**

Pick one expectation from Module 2. Use the declaring format to share it now — out loud, with your spouse present.

**"What I need to tell you is..." (Write it out first, then say it out loud.)**

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**After your spouse shared — what did you hear them say? Reflect it back in your own words.**

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**What felt different about communicating this way — compared to how you usually do it?**

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**PART 7 — COVENANT COMMITMENT**

**MY COMMITMENT**

*"I will choose declaration over demand.*

*I will speak my needs with clarity and love.*

*I will create the safety I want to receive.*

*I will make it easy for my spouse to tell me the truth."*

**Signed (Husband):**

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**Signed (Wife):**

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**Date:**

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