

EXPECTATION COURSE

MODULE 6

When Life Changes the Agreement

TRANSFORMATION WORKSHEET

Mr. Marriage • The Successful Couple • Lloyd Allen Ministries

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When Life Changes the Agreement

Work through this together as a couple — honestly and without defensiveness.

PART 1 — HOW YOUR SEASONS HAVE SHIFTED YOUR EXPECTATIONS

Read each season below. Check any you have experienced — then reflect on how that season changed your expectations.

Life Season	What Changed	His Unspoken Shift	Her Unspoken Shift
New Baby	Sleep deprivation, new roles, less intimacy, more pressure	<i>May need: more respect, less criticism</i>	<i>May need: more help, more emotional presence</i>
Financial Crisis	Survival mode, stress, blame, fear	<i>May need: to feel trusted, not judged</i>	<i>May need: security and a plan — not silence</i>
Career Change	Identity shift, schedule disruption, stress spillover	<i>May need: confidence and support at home</i>	<i>May need: clarity about the new normal</i>
Loss / Grief	Emotional withdrawal, numbness, changed priorities	<i>May need: space without abandonment</i>	<i>May need: active presence — not problem-solving</i>
Empty Nest	Rediscovering each other, identity questions, new rhythms	<i>May need: re-engagement and purpose together</i>	<i>May need: intentional romance and attention</i>
Health Crisis	Fear, role reversal, emotional exhaustion	<i>May need: to be needed without feeling a burden</i>	<i>May need: reassurance and physical presence</i>
Spiritual Growth	One spouse deepens faith; the other may feel left behind	<i>May need: a spiritually engaged partner</i>	<i>May need: not to feel spiritually pressured</i>

Which season above has most significantly changed what you need from your spouse — and have you ever told them that directly?

PART 2 — WHERE ARE YOU RIGHT NOW?

This is a current-state check-in. Answer honestly about your marriage today.

Right now in our marriage...	Him (1–5)	Her (1–5)
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I feel emotionally connected to my spouse	—	—
My spouse knows what I need most right now	—	—
I know what my spouse needs most right now	—	—
We talk about our expectations regularly	—	—
Our marriage has kept pace with where we are in life	—	—
I feel seen, valued, and pursued by my spouse	—	—
We make decisions as a united team	—	—
Our marriage is still growing — not just surviving	—	—

Where did both of your scores diverge the most — and what does that gap tell you about where your marriage is right now?

PART 3 — THE RENEGOTIATION CONVERSATION

Healthy couples don't wait for a crisis to update the agreement. Work through these questions together — honestly and without blame.

"The expectation I had when we got married that no longer fits where we are now is..."

"The thing I need most from you in this current season of life that I haven't clearly asked for is..."

"The thing I think YOU need from me right now that I haven't been giving you is..."

"If our marriage is going to thrive in the next 5 years — one thing we need to do differently starting now is..."

PART 4 — BUILD YOUR MARRIAGE RHYTHM

Transformation without rhythm doesn't last. Choose your ongoing check-in structure. Circle and commit.

Rhythm	What It Covers	We Will Do This: (day/time)
Weekly Check-In	How are we feeling? What do we need this week? Any tension to address?	
Monthly Review	Are our expectations still aligned? What has shifted? What needs attention?	
Quarterly Deep-Dive	Where are we as a couple? Are we growing? What goal are we building toward?	
Annual Marriage Retreat	A full reset — review the year, set vision, renew covenant, reconnect deeply.	

PART 5 — HONEST CHECK-IN

Q1. How often do you and your spouse intentionally revisit your expectations together?

A	Never — we wait until something goes wrong
B	Rarely — only during arguments or crises
C	Occasionally — but not consistently or intentionally
D	Regularly — we have a rhythm of honest conversation

Q2. How well does your spouse know who you are right now — not who you were when you married?

A	Not well — I've changed and they haven't noticed
B	Somewhat — they know the surface but not the depth
C	Mostly — they know the big shifts but not the details
D	Very well — we stay current with each other

Q3. When you think about the next 10 years of your marriage — what do you feel most?

A	Uncertainty — I don't know where we're headed
B	Fear — I worry we'll grow apart if nothing changes
C	Hope — I believe we can build something great together
D	Confidence — we are aligned, intentional, and moving forward

PART 6 — COUPLE CONVERSATION STARTER

Set aside 30 uninterrupted minutes. This is a reconnection conversation — warm, honest, and forward-looking.

"The version of you I fell in love with, and the version of you I love today — here is what has grown and changed..."

"The season of life I feel least prepared for together is _____ — and what I need from you going into it is..."

"The marriage I want us to have in 10 years looks like this — and here is one thing I am committing to today to build it..."

PART 7 — COVENANT COMMITMENT

MY COMMITMENT

"I will not let life quietly rewrite our marriage without my awareness.

*I commit to staying current — with who my spouse is becoming,
what they need in every season, and what we are building together.*

I will not manage this marriage. I will lead it, nurture it, and grow with it."

Signed (Husband):

Signed (Wife):

Date:
