

# EXPECTATION COURSE

## MODULE 2

*Know What You Actually Expect*

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TRANSFORMATION WORKSHEET

Mr. Marriage • The Successful Couple • Lloyd Allen Ministries

## MODULE 2 TRANSFORMATION WORKSHEET

### Know What You Actually Expect

Complete this individually and in full honesty — before comparing with your spouse. This is your mirror.

#### PART 1 — NON-NEGOTIABLES vs. PREFERENCES

Mark each item N (Non-Negotiable) or P (Preference). Both spouses complete independently.

Expectation	Husband	Wife
My spouse will be faithful to me — no exceptions	N/P	N/P
My spouse will pray and worship with me regularly	N/P	N/P
We will discuss all major financial decisions together	N/P	N/P
My spouse will be affectionate with me daily	N/P	N/P
We will have an active and satisfying sex life	N/P	N/P
My spouse will speak to me with respect at all times	N/P	N/P
My spouse will be an engaged, present parent	N/P	N/P
We will prioritize our marriage above extended family	N/P	N/P
My spouse will support my personal goals and dreams	N/P	N/P
We will maintain open communication — no secrets	N/P	N/P
My spouse will take spiritual leadership seriously	N/P	N/P
We will maintain financial stability and avoid reckless debt	N/P	N/P

#### My Top 3 Non-Negotiables (in order of importance):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### PART 2 — RANK YOUR EXPECTATION AREAS

Rate each area 1–10 based on how much unmet expectation you carry in it. Both spouses complete separately.

#	Area of Marriage	His Rating (1–10)	Her Rating (1–10)
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1	Sex & Intimacy	___	___
2	Communication	___	___
3	Finances & Money	___	___
4	Spiritual Life & Faith	___	___
5	Roles & Responsibilities	___	___
6	Affection & Emotional Connection	___	___
7	Parenting	___	___
8	In-Laws & Extended Family	___	___
9	His Needs	___	___
10	Her Needs	___	___

**Looking at your rankings — what surprises you most? What area have you avoided talking about the longest?**

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### **PART 3 — DEEP CLARITY QUESTIONS**

Answer each one fully. Write until you've said everything. Don't edit yourself.

**What does 'feeling loved by my spouse' actually look like in day-to-day life?**

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**What expectation, if consistently met, would make the biggest difference in our marriage right now?**

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**What do I expect from my spouse spiritually — and have I ever clearly communicated it?**


**What did I expect marriage to feel like — and how does that compare to what I experience today?**


#### **PART 4 — HONEST CHECK-IN**

**Q1. How clear are you on your own expectations right now, before this course?**

<b>A</b>	Very unclear — I feel things but can't name them
<b>B</b>	Somewhat clear — I know the big ones but not the details
<b>C</b>	Mostly clear — I know what I need but struggle to say it
<b>D</b>	Very clear — I've thought about this and I can articulate it

**Q2. When you think about your unmet expectations, which emotion comes up first?**

<b>A</b>	Sadness — I feel overlooked and unseen
<b>B</b>	Anger — I feel dismissed and disrespected
<b>C</b>	Hopelessness — I've given up expecting change
<b>D</b>	Longing — I still believe things can be better

**Q3. How well do you think your spouse knows what you need most right now?**

<b>A</b>	Not at all — they don't know and I haven't told them
<b>B</b>	Barely — they have hints but no real picture
<b>C</b>	Somewhat — they know pieces but not the full truth

D

Well — we've talked and they genuinely understand me

## PART 5 — COUPLE CONVERSATION STARTER

Share your completed worksheets with each other. Listen without defending. Respond without counter-attacking.

**Share your #1 non-negotiable. Tell your spouse WHY it matters so deeply to you — the story behind it.**

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**Share your highest-ranked tension area. What has that unmet expectation cost you emotionally?**

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**After hearing your spouse — what is one expectation of theirs you want to commit to meeting better?**

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## PART 6 — COVENANT COMMITMENT

### MY COMMITMENT

*"I will no longer hide my needs behind vague feelings.*

*I commit to knowing what I expect, naming it clearly,*

*and bringing it to my marriage with honesty and love."*

**Signed (Husband):**

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**Signed (Wife):**

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**Date:**

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