

EXPECTATION COURSE

MODULE 1

The Root of Most Marriage Problems

TRANSFORMATION WORKSHEET

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MODULE 1 TRANSFORMATION WORKSHEET

The Root of Most Marriage Problems

Complete this individually first — then discuss together. Honesty here is the first act of love.

PART 1 — WHERE DID YOUR EXPECTATIONS COME FROM?

Circle every source that shaped your picture of what marriage should look like:

My parents' marriage	Church / Faith tradition	Movies / TV / Social media	Past relationships
Friends' marriages	My own childhood pain	Books / Podcasts	Other: _____

Which source has had the **BIGGEST** influence on what you expect from your spouse — and why?

PART 2 — SURFACE THE HIDDEN EXPECTATIONS

Complete each sentence honestly. There are no wrong answers.

I expect my spouse to always...

I expect my spouse to never...

I expect to feel _____ in this marriage, but instead I often feel...

One thing I've never said out loud but have always expected is...

PART 3 — HONEST CHECK-IN

Choose the answer that most honestly reflects your situation right now.

Q1. How often do you communicate your expectations clearly to your spouse?

A	Almost never — I expect them to figure it out
B	Sometimes — only when things are already bad

- C** Occasionally — but I struggle to find the right words
- D** Regularly — we have open conversations about it

Q2. When an expectation goes unmet, what is your most common response?

- A** I go silent and pull away
- B** I get angry or critical
- C** I bring it up but it turns into an argument
- D** I express it calmly and we talk it through

Q3. How well do you know what your spouse actually expects from you right now?

- A** I'm honestly not sure — we don't talk about it
- B** I have a general idea but no specifics
- C** I know some but I'm probably missing a lot
- D** I know clearly — we've had direct conversations

PART 4 — COUPLE CONVERSATION STARTER

Set aside 20 quiet minutes. No phones. No children. Read these questions and answer together.

What is ONE expectation you have carried your entire marriage that you have never fully voiced?

What is ONE expectation your spouse holds that you feel you constantly fall short of?

After this exercise — what is one thing you want to do differently this week?

PART 5 — COVENANT COMMITMENT

MY COMMITMENT

"I commit to no longer expecting my spouse to read my mind.

What I need, I will say. What I feel, I will share.

I choose honesty over assumption, and connection over silence."

Signed (Husband):

Signed (Wife):

Date:
