

# UNDERSTANDING EXPECTATIONS

## Pre-Course Assessment

### Where Is Your Marriage Right Now?

Rate each area 1–5. (1 = Struggling, 5 = Strong)

- I clearly know what my spouse expects from me. \_\_\_\_\_
- My spouse knows what I truly expect from them. \_\_\_\_\_
- We have discussed expectations about roles and responsibilities. \_\_\_\_\_
- Our expectations about intimacy and affection are aligned. \_\_\_\_\_
- We communicate openly about unmet expectations. \_\_\_\_\_
- We handle disappointed expectations without resentment building. \_\_\_\_\_

Our marriage right now in one sentence:

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My biggest expectation concern right now:

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Signed: \_\_\_\_\_

Date: \_\_\_\_\_