

Marriage expectations worksheet

What is the theory behind the worksheet?

The current worksheet is based on the Expectancy Theory of Motivation, which explains how people expect maximum satisfaction and minimum dissatisfaction from an event, thing, or person (Kaplan et al., 2005). Subsequently, even in marriage, individuals expect high expectations to be met.

How will the worksheet help?

This worksheet will help practitioners assist their client's unrealistic beliefs in order to adjust these high expectations regarding marriage and partnership.

How to use the worksheet?

In every marriage, some great expectations and expectations that can't be met. The last ones tend to create tension between the partners, stress that can lead to dissatisfaction, arguments, or even separation. Marriage is not a pro-self competition but a team game.

Marriage expectations worksheet

Check out what are your unhealthy expectations for your marriage and have yourself a reality check with the following exercises. Fill in the exercises with short sentences.

Is your marriage built on healthy values like trust and honesty? How do you know that?

Do you value and listen to your partner's opinions?

State 5 strengths of your marriage:

How do you manage conflicts?

What goals do you have as a couple? Which is the first step towards your goal?

What marriage expectations do you have when it comes to finances and joint accounts?

Do you feel comfortable discussing issues in the sex life with your partner?

State some of the marriage roles for each partner:

| Husband's marriage role | Wife's marriage role |
|-------------------------|----------------------|
| | |
| | |
| | |
| | |

How do you manage frustration?

Be honest, what would you want your partner to know?

References

Kaplan, D. S., Liu, R. X., & Kaplan, H. B. (2005). School related stress in early adolescence and academic performance three years later: the conditional influence of self-expectations. *Social Psychology of Education, 8*, 3-17.

You can find more wellness and mental health worksheets [here](#).