

Relationship Expectations Worksheet

Name:	Gender:
Date of birth:	Date:

This worksheet is designed to be completed individually first and then discussed together. Take your time with each section, and be as honest and specific as possible. Remember, there are no "right" or "wrong" answers – the goal is to understand each other better and align your expectations for a stronger relationship.

Core values and life goals

What are your top 3 non-negotiable values in a relationship?

1.

2.

3.

Where do you see yourself/your relationship in...

2 years:

5 years:

10 years:

Choose your preferred life pace:

- Slow and steady
- Balanced
- Fast-paced
- Adventure-seeking

Communication and conflict resolution

Rate your comfort level with different communication styles (1-5, 5 being most comfortable):

Direct communication	/5
Emotional expression	/5
Non-verbal cues	/5
Written communication	/5
Conflict discussions	/5

My preferred way to receive feedback is (check all that apply):

- During scheduled check-ins
- In writing first, then discussion
- With specific examples
- With proposed solutions

During conflicts, I need:

From my partner, I expect:

Emotional and physical intimacy

I feel most loved when (rank from 1-5):

Physical touch:

Words of affirmation:

Quality time:

Acts of service:

Receiving gifts:

Describe your ideal balance of:

Time together: %

Independent time: %

Social time with others: %

What are your physical intimacy expectations? Discuss frequency, important aspects, and boundaries.

Practical aspects and life responsibilities

How should you and your partner handle finances?

Completely joint

Completely separate

Hybrid system (describe):

Other (specify):

Rate the importance of these shared responsibilities (1-5):

Household chores:

Financial planning:

Social obligations:

Family commitments:

Career support:

What are your expectations regarding the following:

Living situation:

Family planning:

Career goals:

Growth and support

How can your partner best support your:

Personal growth:

Professional goals:

Emotional needs:

What do you commit to bringing to the relationship? List three specific things:

1.

2.

3.

Reflection

What aspects of your current relationship would you like to:

Keep:

Change:

Improve:

Personal notes: