

Relationship Expectations Worksheet

Personal Information:

Name: _____ Age: _____

Date: _____

Instruction: Complete this Relationship Expectations Worksheet to foster open communication and strengthen your relationship by sharing your values, expectations, and goals.

I. Self-Reflection	
1. How do you define love?	
2. What are your core values?	
3. List your personal goals.	
II. Communication	
1. How do you express love?	
2. Preferred communication style?	
3. List potential communication challenges.	
III. Expectations	
1. Define your relationship expectations.	
2. List non-negotiable needs.	
3. Identify dealbreakers.	
IV. Conflict Resolution	
1. How do you handle conflict?	
2. Preferred resolution methods?	

3. List things you won't tolerate in conflicts.	
V. Quality Time	
1. Ideal frequency of date nights?	
2. Favorite shared activities?	
3. Any specific quality time needs?	
VI. Future Planning	
1. Discuss your long-term goals.	
2. Relationship milestones?	
3. How do you envision the future?	