MODULE 3 TOOL — PREMARITAL PREPARATION

The Expectations Alignment Guide

Name Them Now or Fight About Them Later

PURPOSE

Every unspoken expectation is a conflict waiting to happen. This tool surfaces the hidden expectations both partners are carrying — so you can align honestly before the wedding rather than collide painfully after it.

INSTRUCTIONS

Each partner completes every section independently and honestly. Do not discuss your answers until both partners have finished the entire tool. Then come together and compare section by section — looking for alignment, misalignment, and areas requiring honest conversation.

PART 1 — DAILY LIFE EXPECTATIONS

I expect that household responsibilities will be handled by:

I expect that cooking will primarily be:

- My responsibility
- My partner's responsibility
- Shared equally
- Other: _____

I expect that cleaning and home maintenance will be:

- My responsibility
- My partner's responsibility
- Shared equally
- Other: _____

I expect that we will spend our evenings:

I expect that weekends will typically look like:

The daily expectation my partner may not know about:

PART 2 — ROMANCE AND AFFECTION

I feel most loved when my partner:

I expect that date nights will happen:

- ■ Weekly
- ■ Twice a month
- ■ Monthly
- ■ Occasionally

The romantic expectation I have never told my partner:

PART 3 — ROLES AND DECISIONS

I expect that the primary financial provider will be:

- ■ Me
- ■ My partner
- ■ Both equally

I expect that major financial decisions will be made:

- ■ Together always
- ■ Primarily by me
- ■ Primarily by my partner
- ■ Other: _____

I expect that spiritual leadership in our home will be:

The role expectation I feel most strongly about:

PART 4 — FAMILY AND IN-LAWS

I expect that we will spend holidays:

I expect that contact with our parents will happen:

- ■ Daily
- ■ Several times a week
- ■ Weekly
- ■ Monthly or as needed

The in-law boundary I feel most strongly about establishing:

PART 5 — CHILDREN AND PARENTING

I expect that we will have children:

- ■ Yes
- ■ No
- ■ Open to discussion

If yes — I expect we will start:

- ■ Immediately
- ■ Within 1-2 years
- ■ After 3-5 years
- ■ When circumstances allow

I expect that we will have approximately ___ children.

The parenting expectation I feel most strongly about:

PART 6 — THE HONEST AUDIT

The expectation I am carrying that may be unrealistic:

The expectation I learned from my family of origin that I have never questioned:

The expectation I would be most devastated if my partner could not meet:

OUR ALIGNMENT — Complete Together

Our three strongest areas of alignment:

1.

2.

3.

Our three areas requiring the most honest conversation:

1.

2.

3.

"I am choosing to name my expectations honestly rather than carry them silently into marriage. I understand that unspoken expectations become unfair standards that my partner cannot meet. I am committing to ongoing honesty about what I need, what I expect, and what I am willing to renegotiate — for the sake of a marriage built on truth rather than assumption."

Name: _____ Date: _____