Relationship Expectations Worksheet

PERSONAL INFORMATION

Name: _____ Age: _____

Date: _____ dd / mm / yyyy

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?