

DO YOU HAVE REALISTIC EXPECTATIONS FOR YOUR PARTNER?

A big part of having a successful relationship is maintaining reasonable expectations. **When your expectations are unreasonable, they will frequently go unmet.** When someone fails to live up to your expectations, you become upset and angry.

Having realistic expectations will enhance your relationship.

AVOID BELIEVING IN THESE UNREALISTIC IDEAS:

1. **My partner should be able to read my mind.**
We're all guilty of this at times. We believe that if our partner genuinely cared, and was a good fit for us, they would be able to figure out what we want and need. Unfortunately, this simply isn't true.
 - Help yourself out by letting your partner know what you need from them. **At the same time, ask what your partner needs from you.** You'll both be better off and happier.
2. **Zero fighting.** No relationship is 100% smooth sailing. You're two different people with two different set of beliefs and ways of viewing the world. Your needs and interests don't match 100%. Your likes and dislikes aren't exactly the same. There will be disagreements with any relationship.
3. **The right partner will make my life perfect.** There are benefits to having a partner. There are disadvantages, too. Expect that some parts of your life are likely to improve while others may slip a notch or two. No one's life is perfect. Your partner can enhance your life experience but won't

provide perfection.

4. **My partner will always be available when I need them.** Everyone has other things to do besides tend to your needs. Your partner has things to take care of, and sometimes won't be available to you.
 - **Our ability to be there for others varies from day to day.** There will be times your partner isn't available physically or emotionally. We all have our good and bad days.
5. **I will always be the only important thing in my partner's life.** You don't really want to be the only important thing in your partner's life 24/7. People with passion and a strong commitment to a goal are highly attractive and more likely to keep your interest for the long term.
6. **Everything should be 50/50.** Everyone has different interests and strengths. One of you will make more money. One of you will spend more time with the kids. One of you will carry a larger burden of the housework, bill paying, yard work, or home maintenance. Nothing is every truly 50/50.
7. **All we need is each other. It's been said that the best possible partner for you can provide for**

70-80% of your needs. You'll need others to pick-up the slack. What other people do you have in your life whom you can rely on?

8. **Good relationships are easy.** A good relationship should be relatively easy most of the time, but never easy all of the time. A relationship is a constantly evolving thing that requires regular attention and maintenance.

Romantic relationships are challenging. **When your expectations are unreasonable, a romantic relationship becomes impossible.** Not only are you constantly dissatisfied, but your partner is also likely to become frustrated with you.

Take a look at what you expect from your partner and determine if it would enhance your relationship to make a few adjustments to your expectations. It might be time for a conversation with your significant other.