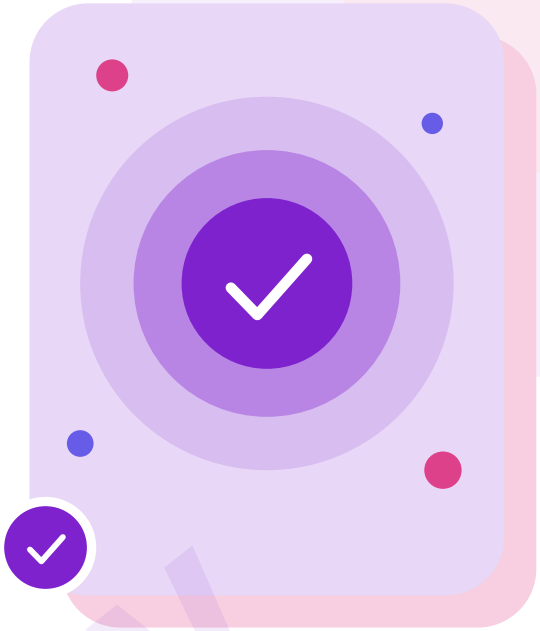
CHECKLIST · RELATIONSHIP

FREE PREVIEW

Managing Expectations in Relationships



Effectively managing expectations is key to building trust, fostering understanding, and maintaining harmony in relationships. Use this checklist to clarify, communicate, and align expectations with others.

10 steps · Print-ready A4

NAME	START	TARGET DATE

PREVIEW

1

Reflect on Your Expectations

Take time to identify what you expect from the relationship, both emotionally and practically.

EXAMPLE *Do you expect regular communication or shared responsibilities? Write these down for clarity.*

2

Differentiate Between Needs and Wants

Understand which expectations are essential (needs) and which are flexible (wants).

TIP *Focus on needs first to avoid overwhelming the other person with unnecessary demands.*

3

Communicate Openly

Share your expectations clearly and respectfully, avoiding blame or assumptions.

EXAMPLE *"I feel supported when we set aside time to talk about our week."*



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PREVIEW