

# CLEAR EXPECTATIONS

The secret to happy relationships is to have clear expectations!



# ANDY CHRISTIANSEN



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"It's better to know than to guess."

This tool is designed for the person feeling overwhelmed in their romantic relationships.

In my 15 years of coaching and leading other high capacity people, one thing has always been clear, at the core of every failed relationship is differing or opposing expectations.

This tool is designed to help you get clear on what matters most, get free from limiting behaviors and get moving toward a better relational life.

There are **two sections**.

**The first** lists three actions you can take with little to no feedback from your spouse or significant other.

**The second** requires more from you. It's designed to guide you through asking your spouse five clarifying questions.

## Level 1

“Engage the top three proven expectations people have.”

These can be done with little to no interviewing.



### **Appreciation** / *Passive*

Take time to show genuine appreciation for your significant other.



### **Support** / *Active*

Think about what support they need or want and engage that support.



### **Commitment** / *Ongoing*

Sorry, the C word. Commitment is the state or quality of being dedicated to a person or thing.

## Level 2

“Engage what people need by asking them to tell you.”

### **What makes you feel appreciated?**

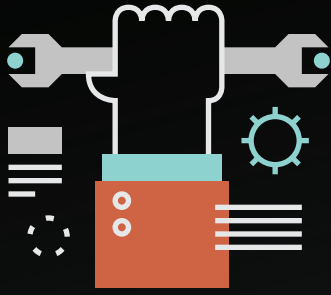
Use your own ideas or some of these examples below. (Examples: Spending idle time together, doing a project together, getting positive messages from you, getting a thoughtful gift, experiencing something together or getting a massage, hug or embrace not having to lead to sex.)

### **What do you expect from me?**

### **What are the things I currently do that make you happy?**

### **What can I stop doing to make you happier?**

### **What can I start doing to make you happier?**



# TROUBLE SHOOTING

So, if you have tried these tips and they are not working as well as you had hoped, try these suggestions for troubleshooting.



## Tone

Are you safe? Unsafe? Are you interrogating your significant other or inquiring? Ask them to tell you how they feel when you ask them.



## Timing

Is your timing right? You must ask important questions at the right time for the other person, not just when it's right for you.



## Track record

If this is all new to your communication, you must tell them just that.

"Hey, I know this is a shift from how I have approached our relationship in the past but I read this article and thought it could help us. So, that's why I'm asking these crazy questions lately. My motive is for US to get better!"

*Now get clear, get free, and get going!*



## About the author:

Andy is an influencer, advisor, author and speaker on the topic of relationships at work and home. Andy's passion is to serve and equip the next generation. He is a leading authority and pioneer of the modern mentoring movement and has founded two leading communications organizations - leadershipbd.com and coupled.life. Andy previously worked in the beverage industry. He invented a national beverage brand called Fruit20. He loves adventure and will be hiking Mount Kilimanjaro in 2021. Andy is married to Nikki and has three children.



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