

Relasing Expectations

Instructions: Put your partner's behaviors that frustrate you in the following categories. Use your analysis to engage in a conversation with your partner. (And be sure to invite your partner to do the same for you.)

Deal breakers: List the behaviors your partner engages in that are hurtful to the relationship and need to be addressed immediately.

Annoying behaviors: List the behaviors that will cause problems if left unattended over time.

Personal limits: List the behaviors that are part of who your partner is and will not change (even if you keep trying to make your partner change).