



Leveling-Up Your Relationships The Expectations Exercise

Setting Expectations

- ♦ Expectations develop on their own if not placed intentionally
- ♦ Our default expectations are developed by those who have strong influence in our lives and what we see and experience (the “culture” in which you were raised)
- ♦ Our default expectations can be altered by intentional choice
- ♦ We have expectations about our role in relationships with others
- ♦ We have expectations about others roles in relationship with us
- ♦ If the expectations for the relationship are not clearly set in advance... they will set by default

The Expectations Exercise

- ♦ “Time warp” into a point in the future where the relationship has been functioning for a while
 - What is your expectation about your role in the relationship?
 - What is your expectation of the other person or people’s role in the relationship?
 - Who is doing what? How is it being done?
- ♦ Share your expectations with the other person or people in the relationship
 - Do not react emotionally to the expectations that don’t match yours
 - Your expectations are yours based on your understanding and experiences
 - Their expectations are theirs based on their understanding and experiences
- ♦ Negotiate the expectations that don’t match
 - The only way to win at this is for no one to “win,” each gives a little and gets a little

Spouse - Family - Friends - Employers - Employees - Co-workers
Members of the Body - Ministry Leadership