

# CLARIFYING EXPECTATIONS

Disagreements, differences, even a relationship crisis or breakdown can be opportunities to improve understanding, connection, relationship satisfaction, pleasure and resilience. These five questions can help.

**1. What are you getting in your relationship that you do want?**

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**2. What do you want from the relationship that you are not getting?**

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**3. What are you getting in the relationship that you don't want?**

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**4. What are you giving in the relationship that you don't want to give?**

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**5. What would you like to give your partner if things were better between you?**

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