

## Expectations and Disappointments

Identify one area of need you often expect your spouse to meet and are usually disappointed (For instance: affection? affection? comfort? etc.) \_\_\_\_\_

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Describe a specific time when you were disappointed (For instance: I was disappointed when John forgot my birthday. I was hurt last night when Ruth pretended to be asleep. I was disappointed by Tom's lack of interest in my project.) \_\_\_\_\_

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When you are disappointed, how do you retaliate? (By giving your partner the silent treatment? By showing a critical attitude? By ignoring your partner's needs? By doing something to hurt your partner in return?) Describe a time when you demonstrated this behavior: \_\_\_\_\_

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