
MARRIAGE MANUAL

WORKSHEET



When you acknowledge shame and work through it, you get clarity and clarity creates confidence.

Step 1: Identify Your Expectations

Instructions: Take a moment to reflect on your marriage. List at least five expectations you have of your partner. These might be things you expect them to do, ways you expect them to behave, or roles you expect them to fill.

I expect my partner to _____.

I believe my partner should _____.

I feel my partner needs to _____.

My partner should always _____.

My partner should never _____.

Any other insights:

Step 2: Reflect on the Source of These Expectations

Instructions: For each expectation you listed above, think about where it came from. Is it based on your upbringing, cultural norms, past experiences, or something else? Write down your thoughts next to each expectation.

Source of expectation 1: _____.

Source of expectation 2: _____.

Source of expectation 3: _____.

Source of expectation 4: _____.

Source of expectation 5: _____.

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Step 3: Evaluate the Impact of Your Expectations

Instructions: Consider how these expectations affect your relationship. Do they create tension or disappointment? Do they help or hinder your connection with your partner? Write down your reflections.

1. Impact of expectation 1: _____.
2. Impact of expectation 2: _____.
3. Impact of expectation 3: _____.
4. Impact of expectation 4: _____.
5. Impact of expectation 5: _____.

Any other expectations or thoughts?

Step 4: Challenge and Reframe Your Expectations

Instructions: Now that you've identified and reflected on your expectations, ask yourself: Are these expectations realistic or fair? Could they be adjusted or let go? For each expectation, write down how you might reframe it to be more supportive of a healthy relationship.

1. Reframe expectation 1: _____.
2. Reframe expectation 2: _____.
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Step 5: Communicate with Your Partner

Instructions: Choose one or two expectations that feel most important to you and discuss them with your partner. Share where these expectations come from, how they impact your relationship, and your desire to reframe them. Use the space below to plan what you'll say.

Expectation to discuss: _____.

How I'll communicate this to my partner: _____.

How I hope we can adjust this expectation together: _____.

Step 6: Reflection and Moving Forward

Instructions: After discussing your expectations with your partner, take some time to reflect on the conversation. How did it feel to share your subconscious manual? What insights did you gain? What changes, if any, do you want to make moving forward?

Reflection on the conversation: _____.

Insights gained: _____.

Changes I want to make: _____.

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Conclusion:

Uncovering your subconscious manual for marriage is a powerful step toward creating a more conscious and fulfilling relationship. By bringing these hidden expectations to light, you can better understand your needs, communicate more effectively with your partner, and build a stronger, more connected marriage. Keep this worksheet as a reminder of the insights you've gained and revisit it as your relationship continues to grow.

This worksheet is designed to help individuals explore their subconscious expectations and make conscious changes that support a healthy and fulfilling marriage.

Write down any other feelings or thoughts that are coming up after doing this exercise.