



## Where Are We Going? (Expectations, Dreams, Shared Meaning)

**W**atch the following Youtube Videos, answer the questions on your own. You will share your answers with your fiancé during a date you plan for after you finish this workshop but before the fifth Premarital Counseling Session.

a. **Watch:** *7 Key Things Couples Need to Do* (:58)

- a. Two of the last things Gottman says are important to understand in relationships are “making life dreams” and “building shared meaning.” Why do you think it’s so important for a couple to share life dreams?
  
- b. How does a couple go about building shared meaning?

### **E**xpectations:

Every person who marries enters the marriage relationship with certain expectations. These expectations come from many sources, including parents, values, society, books, speakers, and our own ideas. It is important to take the time to find out what these expectations are, which can be achieved, which are realistic, and how to handle them when things do not go according to plans. The word expectation carries with it the attitude of hope. Hope has been defined as “the anticipation of something good.” Hope is necessary, as it motivates us and keeps us going.

## PREPARING TO LAUNCH

**T**his next exercise will take some thought and time on your part. Write 15 expectations you will have of your fiancé when you are married. These can be simple or elaborate. For example, a husband might expect his wife to be at the door when he arrives home, always to be at home and never work, and to have sex with him whenever he wants it. A wife might expect her husband to go to her parents' house with her whenever she goes, to be the spiritual leader in their home, and to spend Saturdays at home and not out hunting.

Wife	Husband
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15

**C**ircle the expectations on your fiancé's list that you think will come naturally. **Underline** the ones that may be harder for you to consistently meet. Put a **star** next to the ones that you either disagree with or would have a real problem meeting.

**C**omplete the three workbook sheets on Expectations, Shared Values, and Shared Dreams (pages 41 to 43.)

Talk about these Expectations, Values and Dreams during your date.