

Creating and Communicating Expectations

In every relationship, we have specific expectations for the people around us. These expectations help us create boundaries and establish how we want to be treated by others.

Two Types of Expectations:

**Open
Expectations**



**Things that have been
communicated already**

**Clairvoyant
Expectations**

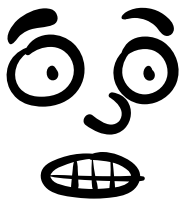


**Things that have never
been communicated**

Clairvoyant Expectations are typically followed by statements such as:

“I shouldn’t have to tell you; you should already know.”

“I don’t understand why you would think I wanted anything different.”



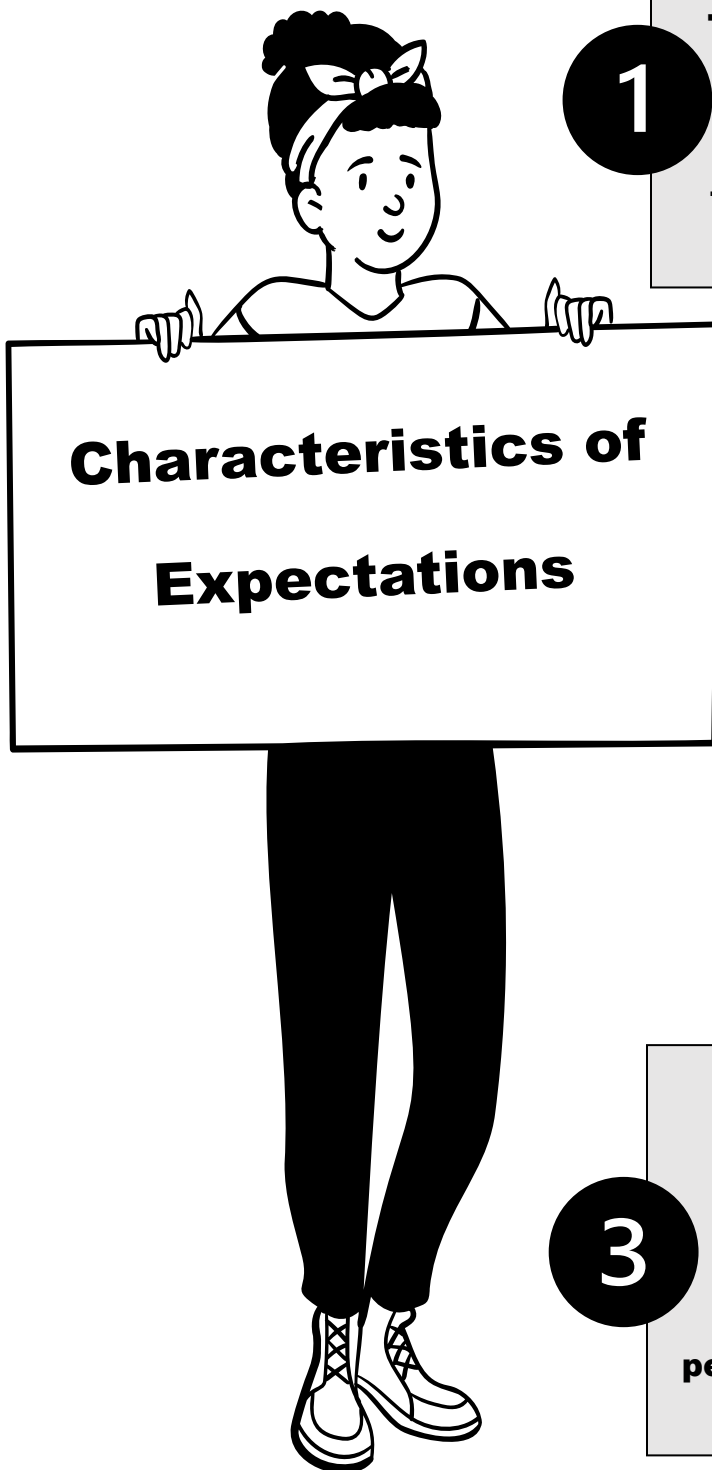
Clairvoyant expectations lead to frustration and are the root of most relationship arguments. They are difficult for others to meet because they guess what you want or expect from them.

**THE GOAL IS TO REDUCE AS MUCH CLAIRVOYANCE IN THE
RELATIONSHIP AS POSSIBLE USING**

“WHAT”

“HOW”

“WHY”



1

WHAT?

The expectation has to be clearly communicated.

A clearly communicated expectation tells the person exactly what you want from them in a concise way

2

HOW?

The standards for the person to meet the expectation have to be communicated.

The standards describe how you would like the person to meet your expectations based on their capability and resources.

3

WHY?

The reward or punishment is communicated.

Reward and punishment does not have to be something complex, but lets the person know how it will hurt or help them in the end.

Example:

Please take your shoes off when you come in the house and put them into the shoe cubby. If you don't, someone might trip on them, or you will have a hard time finding them when you need them next.