

How to Deal With Unspoken Expectations

Dr. Gary Chapman tells about the frustration he and his wife felt in the early years of their marriage. At one point, he shares that they went for weeks without cleaning the toilet.

He couldn't understand why she wasn't cleaning the toilet because that was something his mom always did. Carolyn couldn't understand why Gary wasn't cleaning the toilet because that was her father's chore in her childhood home. Unfortunately, neither told the other about their expectation.

When Chapman worked up enough nerve to ask his wife why she hadn't cleaned their toilet, he finally learned she was waiting for him to do it. Needless to say, that became an interesting and eye-opening moment in their marriage.

Truth be told, every married couple probably has a similar story. They walked into marriage thinking they knew and understood each other only to discover there were numerous unspoken expectations that each person assumed the other understood - little things like how to spend money, how many children to have (if any), where to spend the holidays, whether to buy new or used cars and how much to spend on them, who cleans the house and who handles yard work.

So, what are some of the most common unspoken expectations? You can probably guess many of them. Many expectations revolve around: house cleaning and maintenance, money management, frequency of lovemaking, work and marriage, childcare responsibilities, conflict management, meal prep and meal times. The list could go on, but you get the gist. There is lots of room for hurt feelings, misunderstandings and assumptions with unspoken expectations.

Whether you are preparing for marriage or already married, having a conversation about unspoken expectations could be very enlightening.

From the article by First Things First (Chattanooga)

**Want helps in working through unspoken expectations?
Google the title and author's name for the full article.**



RESOURCES FOR COUPLES

Your marriage can be one of your life's most rewarding relationships!

It's a challenge to build a strong, God-honoring relationship. But so worthwhile! Whatever your age, whether dating, engaged, or married, there's a class or seminar for you.

Cannon Beach Couples Conference at Cannon Beach Conference Center Nov 3-5. Dr Jim Burns is executive director of the HomeWord Center for Youth and Family at Azusa Pacific University. Jim presents in a fun, enjoyable, practical, and grace-filled manner. You will be inspired and walk away with great tools for a healthier marriage. Details at www.cbcc.net

Weekend to Remember A weekend to renew your love and commitment to one another, to reminisce all of the reasons why you married, to restore a little romance in your relationship. It is a weekend to discover the blueprints for a healthy, happy marriage. Nov 10-12 at Jantzen Beach Red Lion and at Bellingham; Nov 17-19 at Coeur d'Alene. Details at www.WeekendToRemember.com. Register using the group name "MarriagePDX" for big savings.

Marriage Encounter Nov 10-12 at Saint Benedict, OR. A weekend that can help married couples turn a good (or even ho-hum or boring) marriage into a GREAT marriage! Rediscover the spark that was there on your wedding day! Rediscover the best friend you had when you were first married! Join the millions of couples worldwide who have learned how to keep their marriage vibrant and alive! Sponsored by the Catholic Church. For details call James & Marisol Carter at (503) 853-2758.

November 2017

Every Marriage Matters

Helping Marriages Become All God Intended

Check out additional resources at www.EveryMarriageMatters.org