



Dr. Wyatt Show Podcast

Episode #301

Are you guilty of these unrealistic expectations in your relationship?

1-Marriage shouldn't take work.

2-We shouldn't have to see somebody.

3-You should meet my needs even when I'm not meeting yours.

4-If we fall out of love, it's over.

5-Accept all of me, even the parts of me that hurt you.

6-If you loved me, you'd be attracted to me regardless of my waist size.

7-We shouldn't have to discuss resentments, just get over it.

8-Our relationship should survive without regular emotional and sexual intimacy.

Which of these 8 unrealistic expectations are you guilty of?

What would be a realistic expectation instead?

How could the new realistic expectation change your approach?