



## *Common Expectations, Patterns, and "Mistakes" in Relationships*

Each person begins a relationship with his/her hopes, expectations, and ideals. Unfortunately, some of these are unrealistic, unfair, and even self-defeating. They may also doom the relationship to be unsatisfying and to eventually fail.

Among the more common expectations and patterns are:

- Expecting that he/she will change.
- Hoping that he/she will never change.
- Assuming that your partner thinks and reacts as you do.
- Assuming that your partner knows your wants and needs.
- Expecting that he/she has the same priorities, goals, and interests as you.
- Believing that the relationship will fulfill all of your social, intellectual, and personal needs.
- Giving up other interests, activities, and friends.
- Seeking improved self-esteem through the relationship.
- Feeling incomplete without a relationship.
- Expecting that each new relationship is "the one."
- Expecting that he/she will never make mistakes.
- Viewing conflict as a threat to the relationship and to be avoided at all costs.
- Working hard to get the relationship started, but exerting little effort to keep it going.
- Trying to be what he/she wants, rather than being yourself.
- Not understanding that feelings of love and passion change with time, as do your priorities and expectations.

*For more information or assistance:*

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