Managing Relationship Expectations

Its so important when thinking about what we value, expect and want from relationships that we understand how realistic it is to achieve. Is this something we'd do ourselves for others or do we expect our partner/ friends to do it and not reciprocate? Is it achievable for others fulfill these expectations? Fill in the table below to have a better understanding of your own expectations.

Our expectations	How realistic are they? (Scale 1-10)	Are others able to achieve them? (Scale 1-10)