

WORKBOOK 3:

TRUCKERLIFE

EXPECTATIONS IN RELATIONSHIPS



the dangers of **ASSUMPTIONS**

Often in relationships, we operate out of assumptions because *we haven't communicated about important parts of our relationship and family*. We have our expectations and our partner has theirs, and each person might be assuming that the other one already knows these things.

This can be a really tricky area. Just because you have an expectation doesn't mean it is necessarily THE way something has to be handled. Often *we come into relationships with assumptions about the "right way" to do something because that is how it was done in our family*. There are lots of "right ways" to do things. Unspoken expectations tend to create internal and external conflict. *The goal here is to figure out what the needs are in your family and the best way to take care of those needs.*



Do you have any unspoken expectations of your children, your spouse, or a co-parent?

Take managing money, for instance. What makes the most sense in terms of who should handle the money? Keep in mind that *sometimes if this isn't an area of strength for someone, it can feel very intimidating*. Just because it makes the most sense for the person who isn't on the road to deal with paying the bills doesn't mean they are going to be excited about doing it.

"us" and "we"

Taking care of yourself is a big part of taking care of your partner and your relationship. Are you cultivating and protecting your "us" and "we?" Be careful of doing your marriage/relationship work with someone other than the one you love.

boundaries

What is okay and not okay on the road? What is okay and not okay at home? Have you set boundaries for interactions with the opposite sex for both the person on the road and the person at home? Be honest about your needs and comfort level. Remember: this is about protecting your relationship and meeting the needs of your partner.

Trust is so important when one person is away for long periods of time. Communicating your needs is very essential, and so is understanding and respecting the needs of your partner.

remembering **EACH OTHER**

What do you love most about your spouse or partner? Remember and reflect on why you made a commitment to this person and be intentional to protect your relationship.

How does your spouse or partner know that you love and cherish them? How do you demonstrate and communicate that while you are on the road? How do you do it when you are home?

How can you make your partner feel secure and safe while you are gone? What can your partner do that will help you feel secure and safe in your relationship while you are on the road?

REMEMBER: When it comes to parents and in-laws, their help and support is greatly appreciated, especially when you are on the road. But, boundaries still need to be set with them in order to not disrupt your parenting style.

common unspoken

EXPECTATIONS

topics:

- ☒ Dealing with discipline issues while you are on the road.
- ☒ What does your family need from you while you are away?
- ☒ Helping your family feel safe while you are on the road.
- ☒ How the at-home caregiver wants to be supported.

The ultimate goal is

TO DISCUSS YOUR EXPECTATIONS FOR ONE ANOTHER IN ORDER TO MINIMIZE CONFLICT AND PROVIDE A STABLE ENVIRONMENT FOR YOUR CHILDREN.

FOR MORE INFORMATION AND TIPS TO STRENGTHEN YOUR RELATIONSHIPS, CHECK OUT:

[FIRSTTHINGS.ORG](https://firstthingsfirst.org)

