

E.S.P.

(or why doesn't he/she read my mind)

Having a deep emotional connection is a beautiful thing in a marriage. Unfortunately, there's this expectation that over time your spouse will know you so well that they will be able to read your mind, anticipate your needs and always do *exactly what you want*.

The reality is vastly different.

Your spouse **DOES NOT HAVE ESP**. On those times when they have done or said exactly what you were thinking it was a fluke. Your expectation that your spouse will have ESP is an expectation that they cannot live up to. Your expectation that you don't have to say what you are feeling or what you want in order to have it happen in your marriage is setting the two of you up for failure.

1. What do I expect my spouse to just "know" about me?

2. How do I express myself when he/she doesn't get it right?

3. What impact do my expectations have on my spouse?

4. **What can I do** differently to clear up the confusion? To set us up for success?

Lower your expectations of earth. This isn't heaven so don't expect it to be.
-Max Lucado