**Identifying Your Common Relationship Projections/Tie-ups:**

**Examples:**

**I expect her to be there for me when I need it**

**I expect her to listen to me**

**I expect her to see me as the most sexy**

**I expect her to only ever have loved me**

**I expect her to not pay attention to others in a sexual way**

**I expect her to be sexually available**

**I expect her to never flirt with others**

**I expect her to give me lots of space when I need it**

**I expect her to pay attention to me**

**I expect her to dress the way I like it (hair, clothes, etc)**

**I expect her to find me the most attractive**

**I expect her to clean up after myself**

**I expect her to take care of herself**

**I expect her to be in good shape**

**I expect her to clean up after herself**

**I expect her to be there for me when I need it**

**I expect her to let me do whatever I want to do**

**I expect her to ………etc**

**I get frustrated when she….**

**I hate it when…**

**It drives me crazy when…**

**I don’t want her to….**

**I need her to….**

**Fill in/add… whatever arises for you in regards to your projections onto your partner.**