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

**Examples:**

**I expect him to be there for me when I need him**

**I expect him to listen to me**

**I expect him to fulfil me**

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

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

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

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

**I expect him to give me gifts on anniversaries and birthdays**

**I expect him to pay attention**

**I expect him to find me the most beautiful**

**I expect him to clean up after himself**

**I expect him to take care of himself**

**I expect him to eat properly**

**I expect him to clean up after himself**

**I expect him to ………etc**

**I get frustrated when he….**

**I hate it when…**

**It drives me crazy when…**

**I don’t want him to….**

**I need him to….**

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