PILLOW TALK
COMPANION GUIDE

Chapter 1 | Expectation Talk

Key Takeaway

Healthy marriages are built on healthy expectations that are **communicated, realistic, mutually agreed upon, and flexible through every season of life.**

Lesson Summary

Every marriage begins with expectations shaped by our upbringing, past experiences, and the environments that formed us. While these expectations often influence how we approach marriage, they aren't always communicated or even recognized. As you learn to communicate openly, extend grace, and adjust together through life's changing seasons, you create space for greater understanding, unity, and a stronger marriage. **Healthy expectations don't happen by accident—they're built one conversation at a time.**

Discuss Together

1) What's one expectation you've assumed instead of communicated?
2) How have your past experiences shaped your expectations in marriage?
3) What's one expectation you can discuss or redefine together this week?

Continue the Journey

The video and companion guide introduce the conversation—but there's so much more to discover. The Pillow Talk book includes the full chapter, biblical principles, heartfelt personal. Grab your book today at Pillowtalkmarriage.com