

Expectations that break your marriage

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While every relationship has its share of hopes, getting into a marriage with a truckload of expectations can be dangerous for you and your relationship. We get experts to tell you about three unrealistic expectations you should junk now, to give your marriage a fair chance of flourishing.

1. ‘I want all my cherished dreams to come true’

Are you one of those who dreams of a ‘happily ever after,’ with their prince charming? If yes, then you may actually be jeopardizing your chances of a happy marriage. Reveals sociologist counsellor Dr Annona Guha, “Women often tend to live in a dream world, where everything works their way. But in reality this haze of perfection ends post the honeymoon period and then their world comes crashing down!” Adds Dr Anjali Chhabria “Harmless expectations start cropping up at the beginning of a new relationship, as the couple works hard to impress the other. Then post-marriage both people expect their partner not to change.”

Dr Guha says that it is important to understand that adjustments are essential to make a marriage work. “There should be openness to accept changes in your life. Most of us readily make adjustments with friends, peers and colleagues. Why then are we hostile to the idea of adjusting post- marriage?” she asks.

2. ‘I want to be pampered silly with gifts, dinners and what not’

Diamonds are not always a girl’s best friend, especially if you start measuring love with the number of diamonds you get as gifts from your man. Materialistic expectations, as Dr Chhabria rightly points out, often begin with the wedding itself. “From the fancy wedding card and accompanying gift, to having a destination wedding, we tend to start our married lives with materialistic aspects,” she says.

Adds psychologist Seema Hingorany “Women today are smart and independent. It is natural that they would know exactly what they want from their partners and married lives. However, desires always need to have limits, and these limits have to come from understanding your partner’s financial condition.”

3. ‘I want him to know every little thing about my life’

Are you one of those women who can’t wait to tell her husband all her secrets? But be careful if you decide to do so. Experts reveal that expecting your husband to instantly become your best friend without actually letting the relationship develop, could actually spell doom for your marriage.

“Sometimes you do know your partner before marriage, sometimes not. But the truth is you do not really know someone till you have lived with him. Also, you may want to tell your partner everything about yourself, but you must understand his capacity to receive,” Dr Guha explains. Dr Guha also believes that revealing yourself to him slowly keeps the thrill in the relationship alive, and stops the marriage from becoming stale too soon.