



The Wife I Desire

Writing Your Relationship Story

The Power of the Stories We Live

You are living a story. Whether you realize it or not, the way you see yourself, your relationships, and your future is shaped by an internal narrative—one that has been influenced by your past experiences, cultural conditioning, and your personal beliefs. This story guides your expectations for love, partnership, and connection, often without you even questioning where it came from or whether it truly serves you.

The challenge? Many people enter relationships with a prewritten script of how things *should* unfold, only to find themselves frustrated when reality does not match their expectations. This workbook is not about dictating what your relationship should look like. Instead, it is designed to help you uncover and rewrite the stories that shape your romantic life—so that you can build a relationship that is grounded in truth, compatibility, and shared growth rather than rigid ideals or outdated narratives.

Why This Workbook Matters

Relationships are one of the most significant aspects of our lives, yet many of us struggle with them because we are living out unconscious expectations. We carry assumptions about:

- What love should feel like.
- What our partner should be like.
- How conflict should be handled.
- What roles each person should play.

But are these expectations realistic? Are they healthy? Are they truly yours, or were they passed down from family, culture, or past relationships? This workbook will help you answer these questions so that you can:

- Gain clarity on what you actually want in a relationship.
- Examine whether your expectations are setting you up for fulfillment or frustration.
- Understand your role in shaping a healthy, lasting relationship.
- Move from passive hope to intentional action in your love life.

Who This Workbook is For

This workbook is designed for men who want to:

- Gain a deeper understanding of their romantic expectations.
- Break free from unrealistic or harmful relationship patterns.
- Build a relationship based on compatibility and conscious decisions.
- Move beyond frustration and into fulfillment in their love life.

It is especially helpful for those who have felt stuck in relationship dynamics that don't serve them or who desire a specific kind of partner but struggle with making that vision a reality.

The Journey Ahead

This is an opportunity to step into conscious relationship-building. Instead of waiting for the "right" person to appear or hoping that love will simply work out, you are taking charge of your romantic life. You are asking the hard questions, challenging outdated scripts, and moving toward a deeper, more fulfilling connection—one that is consciously chosen rather than imposed.

The best relationships are not ones where someone perfectly fits a role we imagined. They are built through mutual understanding, shared vision, and the willingness to grow together.

Let's begin the journey of creating a love story that reflects who you truly are and what you truly need.

YOUR RELATIONSHIP COACHES



ABOUT ME

I am Coach Clark.
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ABOUT ME

I am Coach Mel.
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1. **What do you believe a fulfilling romantic relationship looks like?**

2. How do you imagine your ideal wife will behave in daily life?

3. How do you expect to feel in this relationship?
(e.g., loved, admired, challenged, secure?)

4. What are the key qualities you desire in a wife?

**5. Where did your ideas of a “good wife” originate from?
(Media, family, past relationships?)**

6. Write a short paragraph from your imagined future, describing a moment in your ideal relationship. Pay attention to what emotions and dynamics stand out.

**7. What feelings do you want your relationship to make you feel?
(Be specific. Use the feelings wheel on the next page
if it'll be helpful)**



8. Do you expect your wife to fulfill emotional needs you struggle to fulfill yourself?

9. Do you see your wife as an equal, or as someone to play a role for you?

10. Are you hoping for a relationship to create a life you don't yet know how to build on your own?

Key Insight:

The more rigid your expectations, the more likely you are to experience frustration when reality does not match your script.

**11. Does your ideal wife share the same vision for love
and commitment?**

12. Is your definition of partnership something she would willingly and comfortably embrace?

13. Have you considered what she would need from you to build this relationship with you? What are those things?

**14. How do you expect your wife to handle personal struggles?
(career, family, personal growth, etc.)**

15. How do you expect her to handle conflict with you?

16. How do you expect her to respond when you make mistakes?

**17. If you desire patience and grace, are you willing to offer her the same? If you expect a supportive partner, do you create an environment where support is mutual?
What does mutual support look like?**

Key Insight:

A fulfilling relationship isn't just about your wife's actions—it's about who you are in the dynamic.

**18. Are you the kind of person who naturally attracts and sustains the relationship you desire? If yes, in what ways?
If no, what can you improve?**

19. Do your actions create emotional safety, trust, and connection?

If yes, describe those actions.

If no, describe what you must improve.

**20. Are you open to supporting her growth, or are you mainly focused on her fitting your expectations?
What are the pros and cons of both?**

21. Identify three habits, behaviors, or beliefs you may need to adjust to make your ideal relationship a reality. What is a small step you can take starting today to make these changes?

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Strength in masculinity comes from the courage to be both a leader and a listener, a protector and a partner.

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Keep it going...

Congratulations on taking this important step in your journey toward deeper self-awareness and healthier relationships! Doing the work of uncovering, questioning, and reshaping your relationship story is no small feat—it requires courage, honesty, and commitment.

Remember to celebrate every moment of progress, healing, and growth, no matter how small it may seem. Each insight gained, each shift in perspective, and each intentional action you take brings you closer to the fulfilling and authentic relationship you desire. Relationships are not about perfection; they are about learning, adapting, and growing together. You now have a tool to approach love with clarity, intentionality, and a growth mindset.

Keep believing in your ability to build the love story that truly reflects who you are and what you need. The journey is yours to shape—one page at a time.



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