



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 27 Transcript: Expectations

---

This week, we continue our skill-building for healthy relationships by learning more about expectations and how they impact our connections.

Generally speaking, expectations are what we believe should or should not happen and what we trust someone will or will not do. It's what we anticipate our future will be like.

If we're honest, most of us can say that life hasn't gone the way we hoped it would. People have not shown up for us in the ways we desired them to. And, we have not achieved the dreams we aspired to.

Expectations are connected to the story we're making up. Sometimes we make up a story and then create expectations to support that narrative. Other times we believe certain things should or should not happen and when our expectations are not met, we make up a story about what it all means.

I'll give you an example. For instance, we may be living in the story that "life is hard" and unconsciously create expectations that we will encounter challenge at every turn, that our efforts will be thwarted, and things will not come easily for us. We expect adversity because we believe that life is hard.

On the other side of this example, we may engage in life with the expectation that as long as we invest our time and energy well, things will be fruitful and we will reach our goals easily.

But, when things don't go as anticipated, and we experience failure and obstacles at every turn, we may create the story that, "life is hard" and adopt that narrative from that point moving forward.

Typically, we are not aware of our expectations, yet they impact our choices, attitudes and responses on a daily basis. Because of their hidden nature, expectations are seldom expressed and rarely reality-checked.



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 27 Transcript: Expectations

---

As a result, our expectations often will make themselves known when something we hoped for doesn't happen. These unmet expectations can lead to disappointment, and unresolved disappointment can lead to resentment.

Take time to discern what expectations you might have, spoken or unspoken, that aren't being met. Notice if you're slipping into bitterness in certain relationships. Be aware that we can become resentful toward ourselves when we fail to live up to our own expectations.

When I coach couples, it's always fascinating when I ask if they've explicitly voiced their relational expectations to each other. There's always a pause, followed by a look at each other, and then a bewildered response back to me.

First, with a dumbfounded recognition that they, indeed, have expectations about the relationship that they weren't aware of. Then, the startling realization that it never occurred to them that the other person wasn't reading their mind or didn't inherently know and understand their deep needs and desires.

Ultimately, they understand that they can express their expectations to one another and see if the other person can meet them and if not, they can collaborate around adjusting them. It's amazing how this one simple tool has such a positive impact on relationships.

So, here are the basic steps:

- Clarify your expectations
- Reality check them
- Accept what's possible
- Own your story
- And, let go of outcomes

These are all earned-secure behaviors in healthy relationships. They can be practiced in our most intimate relationships as well as with co-workers and even contractors building us a new kitchen. It leads to healthier connections, and fewer disappointing interactions.



# INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

## Week 27 Transcript: Expectations

---

There's a lot to take in around this essentially important aspect of relationships. Pay attention this week as put these new skills into practice and download the action guide so you can work through the process and share what you're learning on our group page.