

expectations

John 8:31-32 NIV

To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."

Expectations
from Peter Scazzero

We expect other people to know what we want before we say it (especially if they are invested in the relationship).

The problem with most expectations is that they are:

- ✓ **Unconscious – we have expectations we're not even aware of until someone disappoints us**
- ✓ **Unrealistic – we may have illusions about others**
- ✓ **Unspoken – we may have never told our spouse, friend, or employee what we expect, yet we are angry when our expectations are not met**
- ✓ **Un-agreed upon – we may have had our own thoughts about what was expected, but it was never agreed upon by the other person.**

Expectations are only valid when they have been mutually agreed upon.

In order for expectations to be established, they must first be:

- ✓ **Conscious (I have to become aware of the expectations I have for the other person)**
- ✓ **Realistic (I have to ask myself if my expectations regarding the other person are realistic)**
- ✓ **Spoken (I have to speak my expectations clearly, directly, and respectfully to the other person)**
- ✓ **Agreed upon (in order for my expectations to be valid, the other person must be aware of and agree to them; otherwise it is simply a hope)**