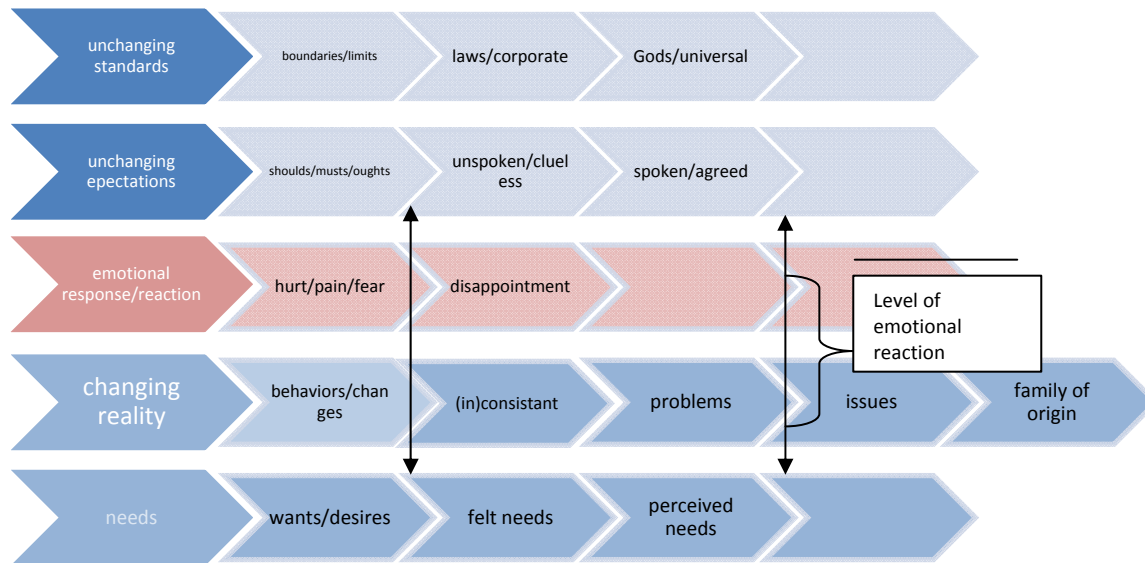


EXPECTATIONS



Principles

1. The difference between the level of expectation and what believe I need, is equal to the level of what I may feel, given the reality.
2. We often believe that what I expect is what I need. This can be self-sabotage if what you expect is irrational or is not a need at all.
3. What you expect and what someone is able and willing to give, can often be dissimilar, and therefore, irrational (even if it seems reasonable to you). At best it would be a misbelief.
4. You cannot expect someone to give to you what you need unless you have asked and they have agreed. No one can “mind read”.
5. No one person can meet your every need/want/desire, except a perfect person.
6. Changing your expectations to match as close to reality will help you to be more emotionally stable.
7. Your standards are not the same thing as your expectations, nor is it helpful to try to live that way. It will lead to rigid thinking, emotional reasoning, controlling behaviors, perfectionism and other processing/thinking issues.
8. Changing your should(s) into needs/desires/wants/choices, allows for more self control, rather than more external controls in your life.