

Week Three - Letting Go of Expectations

Expectations

Letting go of expectations can be freeing. If I don't expect anything from my stepchildren, I am not disappointed and may be pleasantly surprised at their behavior. I don't have to be angry about things not done or said. Perhaps I can remember that there are not here to live up to my expectations. It's easier said than done. I think it is worth thinking about. Are you disappointed because there was something you expected and they didn't live up to it? Did they realize it was an expectation? Did you?

Meditation: When I am upset or disappointed in someone this week help me to remember to ask myself: did I have some expectation that wasn't met? Did anyone know it was an expectation? Is it reasonable for me to expect that this person wants to live up to my expectations? Am I expecting too much?