

Exploring Expectations

We don't always know what we expect until we don't get it!

"Hope deferred makes the heart sick, but a desire fulfilled is a tree of life." Prov 13:12

The gift of inner reflection is a skill we are losing in our culture. We must PRACTICE IT. We are typically overly-focused on productivity and our lives are overcrowded with noise and busyness. When something "bubbles up", the work of maturity is to explore our inner world and look for clues for what has been happening.

For starters, what are some of the things/routines that look differently right now due to COVID-19? _____

Look at the top of page 2. Read through the downward spiral of expectations. Name and describe a time recently when you were on the downward spiral of expectations. _____

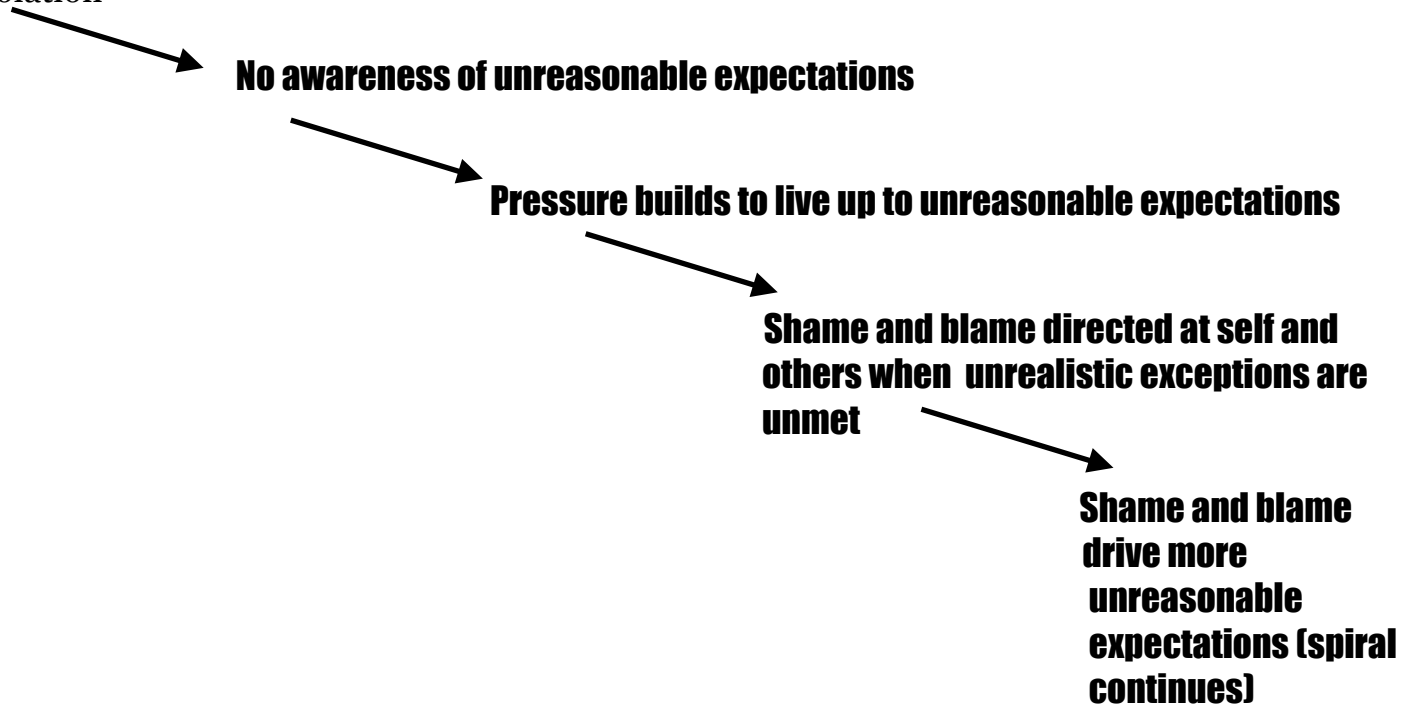
What is your "go to" pattern when you get frustrated with things not going as planned or as you expected. _____

What are some of the emotions you feel as you are adjusting your expectations?

Read through the upward spiral of growth on the second half of page 2. Name some specific expectations that need to be adjusted. (Ex: For me, I am more tired than normal for unexplained reasons! I am choosing to lower my expectations of what I can accomplish on a daily basis. I have purposely lowered my client load to adjust for my energy shift.)

Downward spiral of unreasonable expectations

Unnamed, unreasonable expectations, which might have been reasonable before social isolation



Upward growth to reorient expectations

