



HIGH EXPECTATIONS



**EXERCISE
1**

Write down

- ▶ Which of these do you display?

Symptoms of Expectation Hangovers



EXERCISE**2**

Identifying Expectation Hangovers

Write down

- A Situation in your life that did not turn out the way you planned
- An aspect of your life you are not enjoying even though you thought you would
- Who in your life has let you down and how?
- A relationship that has taken a direction that is upsetting to you?
- Are you disappointed because of something you have done or not done?
- What do you regret a choice you made or an action you took
- What happened that caught you off guard and left you disrupted?

Mark each one on a scale of 1-5

- 1=bearable
- 5=tremendously painful



PART 2

Handling High Expectations



EXERCISE

- ▶ **An expectation someone has of you**
 - ▶ Give an example of an expectation someone has of you that is high?
 - ▶ Is this a realistic expectation or is it too high?
- ▶ **An expectation you have of yourself**
 - ▶ Give an example of an expectation you have of yourself that is high?
 - ▶ Is this a realistic expectation or is it too high?

EXERCISE

7



Are you angry or not?



Have you suppressed your emotions?



When will you sit down to really feel this?



Are you open to being vulnerable?

1.
Use your
previous
exercise

2. The Mental Level

EXERCISE

8

What is the story you are telling yourself?

When did this first happen and how often has it happened in the past?

Are you displaying who you really are?

EXERCISE

9



**Are you
compensating
for something?**



**What are your
superpowers?**



**Are you in an
avoidance trap?**



**What are your
core values?**

3. The Behavioural Level

EXERCISE

10



Are you living
inside out?



What is your
inner
curriculum?



Have you
surrendered this
to a higher
power



What is your
lesson?



Does this agree
with your 'Life
Purpose'

4. The Spiritual Level



EXERCISE

1.
Stop
people-
pleasing

1. Give an example of when you pleased a person(s)?
2. Why did you do this?
3. How would the person/s react if you didn't please them?
4. What would you feel if you didn't please the person(s)?
5. What could you have done to please yourself as well?
6. What would be the result of this new decision?

**EXERCISE****2.**
**Go your
own way**

Do you generally do what is asked of you?

Give an example of when you did what was asked but you preferred to do something else?

How did you feel?

What would have happened if you did it your way?

Would this have been disastrous?

What could you do to ensure that you go your own way?

**EXERCISE**

3.
Don't go to a
Chinese
restaurant for
nachos



When did you expect something but realised that it was the wrong person / situation to expect that?



What would have happened if you went to the right person or were in the right situation?



How could you go to the right person or create the right situation in the future?

EXERCISE

4.
Wake up
from the
comparison
coma

**Comparing yourself to others**

Write down a situation where you compared yourself to others?

Why did you compare yourself to others?

What would you feel and do if you did not compare yourself to others?

**Comparing a situation to the past**

Write down a situation when you compared your situation to the past?

Why did you compare your current situation to the past?

What would you feel and do if you did not compare your current situation to the past?

**EXERCISE**

5. Be of service

Service to yourself

- Write down a situation where you did something that did **NOT** serve your purpose?
- What did it make you feel and do?
- Write down a situation where you did something that served your purpose?
- What did it make you feel or do?

Service to others

- Write down a situation where you did something that did **NOT** serve others?
- What did it make you feel and do?
- Write down a situation where you did something that served others?
- What did it make you feel and do?

**EXERCISE**

6. Be a kid



When was the last time you behaved like a kid?



Describe the situation in detail?



How did it make you feel?



How would you feel if you behaved like a kid when you are trying to cling to control, security or external results?



How would you feel if you behaved like a kid when you felt uncomfortable, insecure or uncertain?

EXERCISE

7. Be Grateful



Write down 5 things
that you are grateful for



Don't focus on what
you don't have



Gift ... Gratitude
Journal !!!

REVIEW: Managing Expectations



1. Stop people-pleasing



2. Go your own way



3. Don't go to a Chinese restaurant for Nachos



4. Wake up from comparison comas



5. Be of service



6. Be a kid



7. Be grateful

A goldfish is captured mid-jump, leaping from a smaller, partially filled fishbowl on the left into a larger, more full fishbowl on the right. The background is a bright blue sky with soft, white clouds. The fishbowl on the right is significantly larger than the one on the left, and the water level in it is higher. The goldfish is in the air, with a splash of water trailing behind it as it moves from the smaller bowl to the larger one.

Now ...

Go out and have
HIGH expectations,
just
MANAGE them !!!

Inspired by the book
'Expectation Hangover'
by Christine Hassler