

The Beingness Project Worksheet - Expectations

- Fill out the graph below, listing expectations that you have in each area. (See examples)
- Remember these are subtle learned expectations, we are often not even aware that we have them.
- However, I invite you to begin to become aware of how they impact your daily life.

Expectations - Let's See Them, Own Them and Share Them...

Home	Work	Family	Relationships
<p><i>I expect the dishes to be done by the time I get home from work.</i></p> <p><i>Laundry goes in the hamper.</i></p>	<p><i>If you sit at my desk, leave it the way you found it.</i></p> <p><i>Communicate deadlines</i></p>	<p><i>They will always love me, even if they do not understand or agree with me.</i></p> <p><i>Will invite me when there are get togethers</i></p>	<p><i>Will be honest with me</i></p> <p><i>Will not take it personal when I need time alone</i></p>

As you become aware of your expectations, take the time to notice how often you do not communicate, instead you expect others to know what you want.

Notice how your expectations impact others and yourself by documenting once a day how an expectation played out (see example below graph):

How an Expectation Played Out	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Monday	

*Example - **Tuesday** - When I got home from work, I found the kitchen sink full of dishes. I reacted in quiet frustration by loudly moving things around. Thinking to myself the kids know I do not like to come home to dishes or stuff on the counter. I stewed about it for awhile, cleaning it up and staying in a funk. I realized as I made dinner that it was an expectation, thus I was at choice to communicate it or not get angry, for it was my "stuff".*