

# THE 3 STEPS TO CREATING HEALTHY EXPECTATIONS

If there is 1 thing that truly gets us messed up it is OUR EXPECTATIONS!

Why? BECAUSE THEY NEVER GET MET.

Every day we are consciously and unconsciously setting expectations for ourselves and the people in our lives.

Expectations are a picture we create in our minds (consciously + unconsciously) of how things are going to be and exactly how they should look like.

This is all fine until other people (who are outside our control) do not do what we have pictured in our mind. Then we get upset, angry + resentful. We get frustrated and reactive. We yell, scream and tantrum, forever waiting for IT or THEM to change.

**We suffer when there is a mismatch between our expectations and reality.**

When we are co-parenting, the communication, physical proximity and rules have changed ... so our expectations need to change too. Too often we expect our ex to behave in a very particular way (said or not said) and when they don't... we use it as ammunition, expect things to be different and blame them for our upsetness. All this does is create more suffering + unnecessary drama.

Instead of waiting for reality, or the other person, to change, we can learn to re-align our expectations to meet our reality, so we stop resisting and learn to flow with it.

This worksheet will take you through a 3 step process to Explore + Re-Align your expectations to create peace, ease + empowered action.

Let's dive in...

# STEP 1

## EXPLORE YOUR EXPECTATIONS

Think about your ex or someone you want to change and write their name here.

Write, in detail, 2-3 things that they do that drive you crazy/mad/upset.

For each item, write down what you think when they behave that way.

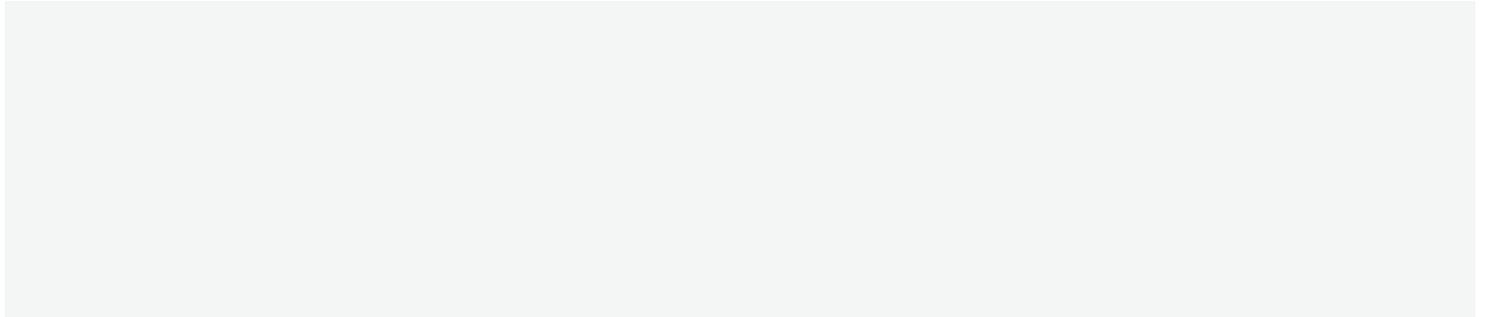
For each item, write down how you feel when you think those thoughts about their behavior.

For each item, write down how you act when you feel that way?

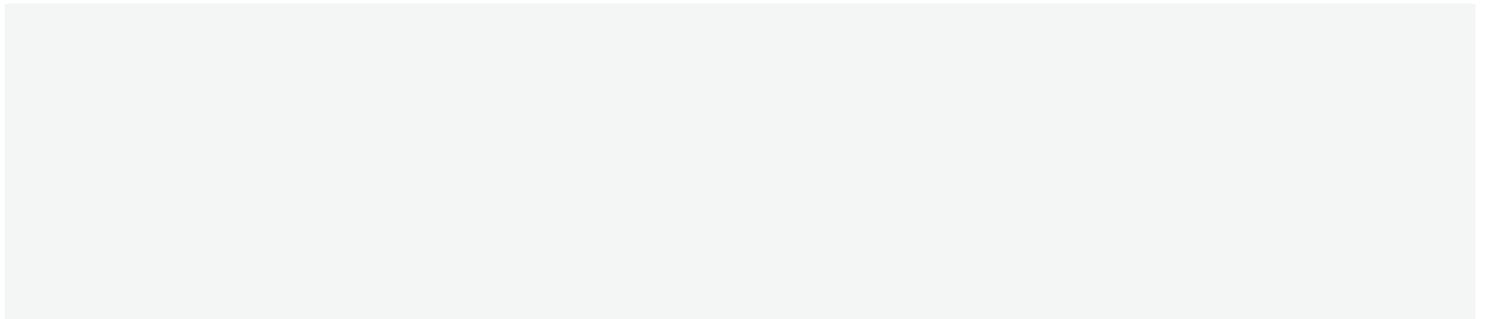
## STEP 2

# EXAMINING THE PICTURE IN YOUR MIND

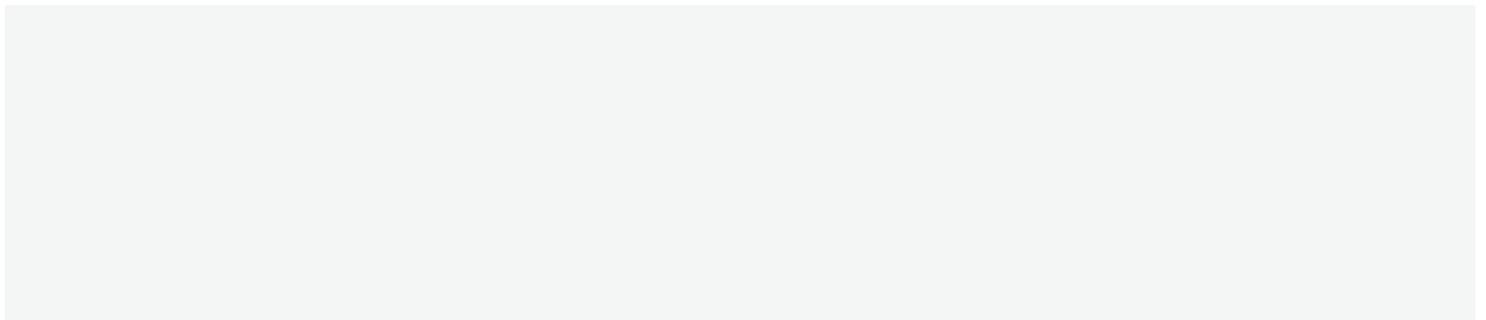
For each of those items, write, in detail, what you would like them to do instead. Write down exactly how they “should” be acting.



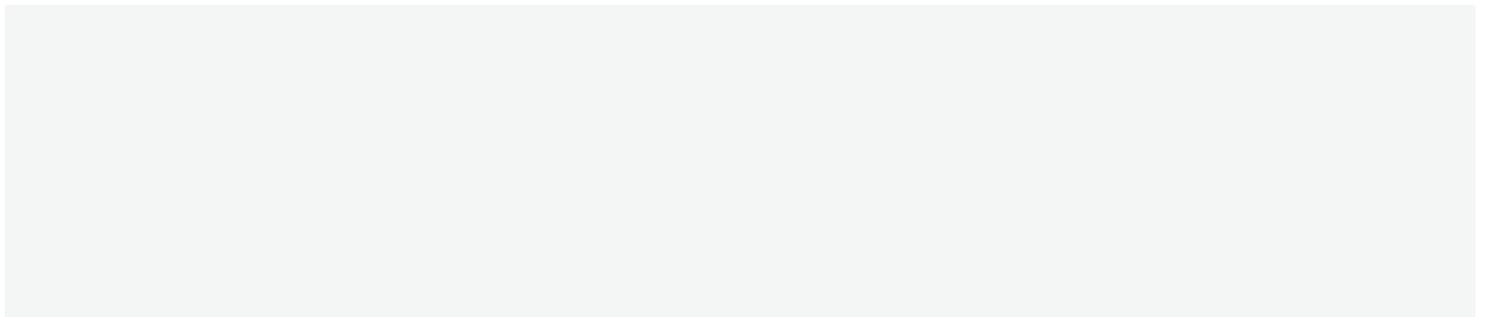
For each item, write down why you want them to behave in this way.



How do you think you would feel if they behaved in this way?



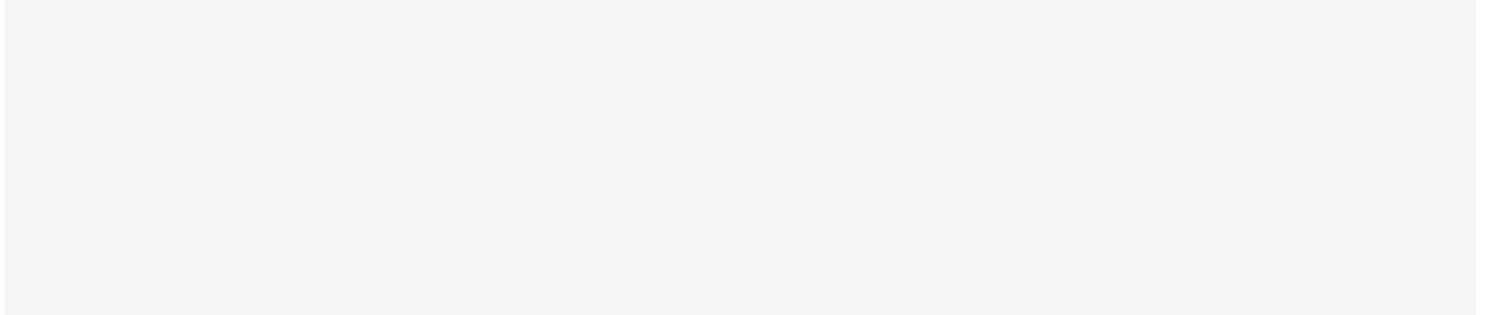
How would your thoughts about them change if they behaved this way?



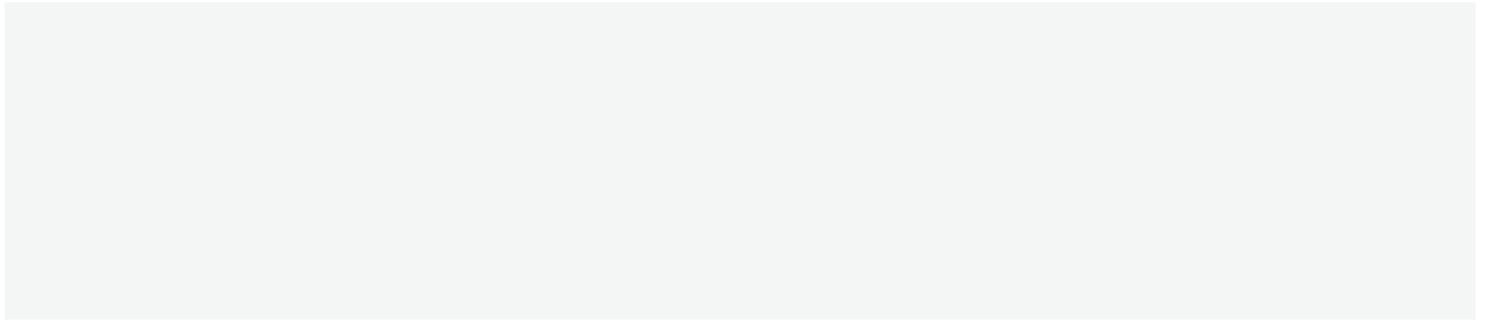
## STEP 2

# EXAMINING THE PICTURE IN YOUR MIND

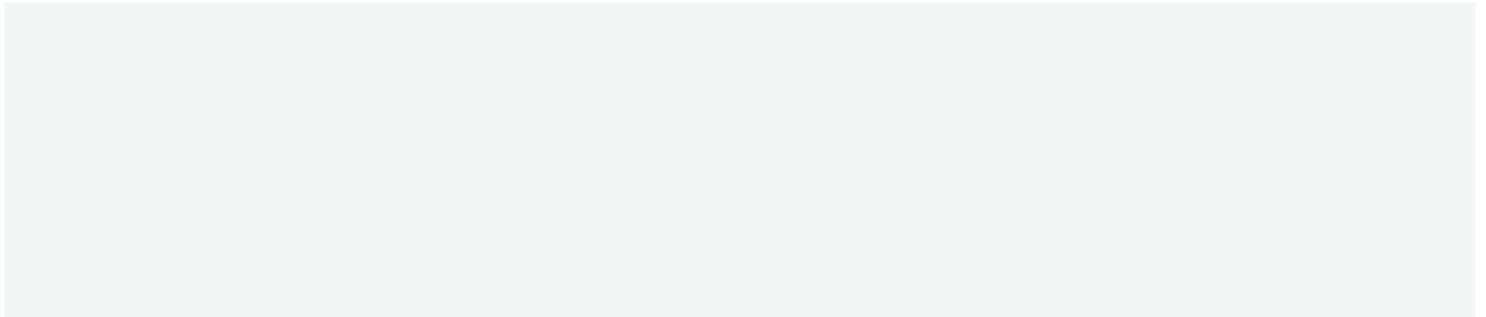
Do you want them to behave this way even if they don't want to? Why or why not?



For each item, write down what it would be like for you if you expected them to act the way they do that drives you crazy. How would you think, feel and act?



If you were able to expect the behavior and accept it (not agree with but not be surprised by). Who would you want to BE (BE = think, feel, act)?



## STEP 3

# RE-ALIGNING YOUR EXPECTATIONS

Each time you find yourself stuck in an expectation that isn't being met... use the following process to Re-Align toward peace, ease + aligned action.

### IDENTIFY YOUR EXPECTATIONS

What is my expectation here? What am I expecting from (the reality) that it is simply unable to give me?

### RE-EVALUATE YOUR EXPECTATIONS

Is my expectation worthy, valid + relevant?

Am I setting myself up for eternal discomfort or is there some way I can re-evaluate my expectations?

## STEP 3

# RE-ALIGNING YOUR EXPECTATIONS

### MAKE A CHOICE

The choice can be brutal but simple: change the situation or change the expectation

After you have determined the worthiness of your expectation, ask yourself:

Do I need to keep my expectation but change my reality (leave the situation)?

### OR

Do I need to keep the reality the same and shift my expectation by altering it or dropping it all together?

E.g. I need to stop expecting my ex to be on time when he simply cannot and instead incorporate this into the schedule so my plans are not affected.

# STEP 3

## RE-ALIGNING YOUR EXPECTATIONS

### ENTER ACCEPTANCE

Once you have made the choice to either change the situation or change the expectation, make a conscious decision to enter a state of acceptance. Release and let go. Make complete peace with it.

What do I need to feel at peace with this decision?

How do I need to show up for myself to hold?

How you plan to show up as the strongest, most confident, loving co-parent version of you? No matter what.