

Connect Care

False Expectations

BY DR. ROGER HABER

What are your expectations for today? Many of us might be easily disappointed because we have false or unrealistic expectations.

I recently read an article in Forbes by Travis Bradberry entitled, "Eight Unrealistic Expectations That Will Ruin You."

Bradberry reminds us that "expectations shape your reality. They can change your life, emotionally, and physically."

He then lists these eight unrealistic expectations that can give us all kinds of trouble:

- 1) Life should be fair. I think most of us have heard all our lives, "Life isn't fair." But somehow, we still try and hold onto this. And when something happens to us that seems unfair, we can easily go into a tailspin and crash and burn. Bradberry writes, "When something 'unfair' happens, don't rely on outside forces to get you back on your feet. Sometimes there isn't any consolation prize, and the sooner you stop expecting there to be, the sooner you can take actions that will actually make a difference."
- 2) Opportunities will fall into my lap. We need to look for opportunities, not just wait for them to happen. What steps might you take today? What obstacles do you need to overcome today? What mistakes might you be making that take you away from your goals rather than toward them?
- 3) Everyone should like me. Well, wouldn't that be nice? Bradberry writes, "When you think everyone should like you, you end up with hurt feelings when you shouldn't. (You can't win them all.) When you and I hold onto this expectation, it would be easy to compromise values and take shortcuts. Instead, Bradberry writes, "focus on earning trust and respect."



"THE GREAT ENEMY OF THE TRUTH IS VERY OFTEN NOT THE LIE, DELIBERATE, CONTRIVED AND DISHONEST, BUT THE MYTH, PERSISTENT, PERSUASIVE AND UNREALISTIC."

JOHN F. KENNEDY

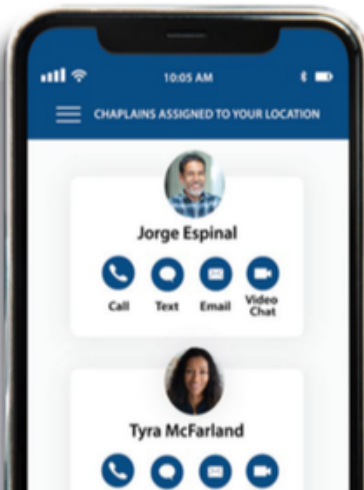


- 4) People should agree with me. You know what we're talking about; and this is a tough one. We all come from different experiences. We all have different agendas. Guess what? My answer might not be the only right one. We need to work together to accomplish goals.
- 5) People should know what I'm trying to say. Have you discovered most people aren't mind readers? If communication isn't clear, we are not really communicating. Be clear. Listen well and take time to understand the other person's point of view.
- 6) I'm going to fail. This is a dangerous mindset. Have you heard of a self-fulfilling prophecy? It's true, sometimes we all fail and sometimes we succeed. Instead of expecting to fail, believe you will succeed. Don't fulfill a prophecy of failure.

- 7) Things will make me happy. Sure, we all like fun things. But as Bradberry writes, "If you don't fix what's going on inside, no external event or item is going to make you happy, no matter how much you want it to."
- 8) I can change him/her. There's only one person in the world you can change—yourself. Yet, it is tempting to try and change others. Don't try and fix others. Bradberry suggests, "Build your life around genuine, positive people, and avoid problematic people that bring you down."

Maybe as you've been reading this, you've been thinking, "I wish I had someone with whom I could talk about some of these unrealistic expectations." You do. Your company has provided our employee care service. I'm sure your chaplain would love to connect with you and listen to your thoughts. Use the MyChap app today to connect with your chaplain.

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