

step into your own  
**POWER** *with*  
**FORGIVENESS.**

BRENDA REISS *Coaching.com*



## Understanding Your Expectations

An expectation is a desire of how I want to be treated by the other person - or how I think they should be and not what or who they are actually capable of doing or being.

**Think about someone with whom you are having expectation.**

**1). What are your expectations of that person as a:**

**Spouse:**

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**Mother / Father:**

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**Life Partner:**

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**Financial Contributor:**

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**Financial Contributor:**

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**Friend:**

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**Co-worker:**

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**Family Member:**

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**2). What do they actually provide? Talking about all the good and not so good things they provide.**

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**3). What things have you done that helps to bridge the gap between what you expect and what they do provide?**

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**3a). Has it worked?**

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**3b). Can it work?**

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**4). What new actions, behaviors, and attitudes could you adopt that are based upon what really happens and not what you expect?**

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**5). What are the benefits of this adoption?**

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**6). If you aren't willing to change your expectations, do you know why?**

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**7). What are the expectations you have of yourself?**

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