



4 STEPS FOR BUILDING HEALTHY EXPECTATIONS

In this video, Nathan and Lacey discuss 4 steps for building healthy expectations for the people in our life. They also reveal the leading cause of being frustrated or disappointed in those relationships.

INTRODUCTION (00:11)

Unhealthy expectations of someone will set them up for failure. It will lead us to having negative assumptions about them. Assuming the best about someone comes from having healthy expectations of them.

1. *When was the last time someone assumed something negative about you? How did this make you feel?*

#1 – MAKE IT A KNOWN EXPECTATION (03:34)

Conscious expectations are known desires we have of a person. Frustration or disappointment are often the only signal we have of an unknown expectation.

2. *When have you realized that you had an unknown expectation of someone? How did you discover this?*

#2 – MAKE IT A REALISTIC EXPECTATION (04:35)

Realistic expectations are desires we have of a person that are practical and reasonable. Our disappointment in someone coupled with their frustration at us often reveal an unrealistic expectation.

3. *How have you seen realistic expectations of someone relieve unnecessary stress in your relationship?*

#3 – MAKE IT A SPOKEN EXPECTATION (05:26)

Spoken expectations are desires we communicate to the person. Mutual frustration and disappointment between you and the other person often reveal unspoken expectations.

4. *When was the last time you thought, “They should just know”, “It should be obvious”, or “I shouldn’t have to tell them”? How did this work out for you and them?*

#4 – MAKE IT AN ACCEPTED EXPECTATION (07:08)

Accepted expectations are ones that the other person understands and agrees to. Unaccepted expectations often come from the belief that someone “has to” or “needs to” do or say something (or not do or say something).

5. *How did you respond the last time someone accepted an expectation but didn’t follow through with it?*

NEXT STEP (08:32)

Our assumptions — whether encouraging or discouraging — will affect how we live in relationship with others:

6. *Who are you disappointed in or frustrated at? What were your expectations for this person? How can you make these expectations of them healthy?*