

destroy expectations

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Research

Living up to others' expectations can stop us from pursuing what we really care about. Who are you living for, yourself or someone else?

“You don't start off with confidence. It comes with practice” (Itxy Lopez).

The expectations placed upon us are just that, **expectations**. No one is requiring you to live up to them. You have the choice to make the decision for yourself. Unrealistic expectations make your goals seem distant and can impact your relationships. Why set yourself up for failure when you can create your own realistic goals and succeed?

“Expectations create a social contract—it’s an implicit agreement between others and you. If you don’t push back, people will assume you are okay with it” (Gustavo Razzetti).

You are in charge of your life. Do not let others make you feel bad for living how you want to. Accept that people will judge you for what you do, but the only judge that matters is you.

My Journey



What have I done to defy others expectations and how has it worked for me?

Over the span of a month, I have gone through the same process that I will be guiding you through later on in this journal. I wanted to share what it was like for me to go through this so that you can believe that you can do it too.

Go Easy on Yourself

The first thing that is important to realize is that you are not perfect, and neither is anyone else. We are all in the process of learning who we are and what we want in life. Try not to beat yourself up over the little things.

In my experience working through letting go of others expectations of me, I found it very important to be kind to myself. It may feel like you are failing your peers, but you are not. If your peers are really there for you, they will support you in whatever you decide to do. It is far easier said than done to be kind to yourself, but just take note of when you are thinking something unkind, and try to look at it from another perspective.

Recognize the Expectations

“One cannot overcome expectations without first understanding what those expectations are” (Unknown).

The process of recognizing all of the standards that I have been trying to live up to was long. However, I chose to start small, and pick out the main few that I found were taking the biggest toll on my life.

The expectation to always keep busy, with no down time.

This is a common standard that I chose to focus on in my experience of defying expectations. Many are expected to always have something that they are working on, or big plans for the future, but not many recognize the need for down time. I find that for myself to feel truly happy and accomplished with what I have done in life, I need that down time to relax and reset. Without giving myself time to reset, I begin to feel overwhelmed, and therefore cannot work to the best of my ability.

*The expectation to always be happy
with a smile on your face.*

As humans we are expected to always be content with our lives. A smile should always be present on our faces. It shows “weakness” to express any emotion other than happiness. It is not healthy to push down all of our other emotions and pretend that we are happy all of the time. This expectation is one that I have struggled with for a long time. I felt ashamed to show any other emotion other than happiness. All of the feelings remained pushed down, and piled up in my system. This would cause all of my emotions to build up and come out at once.

Re-frame Your Thinking

We are raised to think certain things are right or wrong based on what society thinks. But who determined these rules? Why must we live up to be like everyone else in the world? We should all embrace our differences and therefore stop judging and expecting from others. Think about others expectations more as an option of how to move forward, but recognize that there are other routes you can take.

Re-framing your thinking is ***not a simple task.***

It is all about taking things slowly. Do not expect your way of thinking to change within days, it could take weeks, months or years. I still have my moments that I revert back to thinking others peoples expectations of me are what I need to live up to. This is not to say all expectations are completely wrong.

You need to look at the way other people see the situation, and take that into account before moving on. I take a lot of other people's expectations of me and consider what they mean and why they have that expectation. I try to look at others expectations of me as their opinion that does not have to influence my decision.

An Important Reminder

***None of this process is
easy. Do not be hard on
yourself, you can do it!***

Set Boundaries

Set your limits. Do not allow people to push you to fit into their expectations of you. Have conversations with people close to you and tell them your goals for yourself. Do not let them change your mind. Be strong in your decisions.

This is a very important step of letting go of others expectations. I have spent a lot of time focusing on this part of letting go of expectations. It was not an easy process by any means, and I am still working on this part. It is helpful to have conversations with others and set boundaries with them. Those who are meant to be in your life will accept your boundaries. For me a big boundary that I had a hard time setting was only getting others opinions on my decisions when I ask for them.

Practice Compassion

It is important to realize that you may not be the only one going through the process of defying expectations of others. Try not to judge others as all of those judgments have an impact on them, even if it does not show. Listen to the people around you, and be sure to show your support for those you care about. It is just as important that they know they have your support as you know you have theirs.

As I went through this journey I began to realize how much I held judgments towards other people. I was being held to these certain expectations that blurred my vision of others. Once I was able to realize that my judgments of others were not beneficial to my journey of defying expectations, I adjusted accordingly. Of course there will still be moments when you slip up and make a judgment of someone else, but it is most important to recognize those moments, note them, and how you can learn from that moment.

how can you

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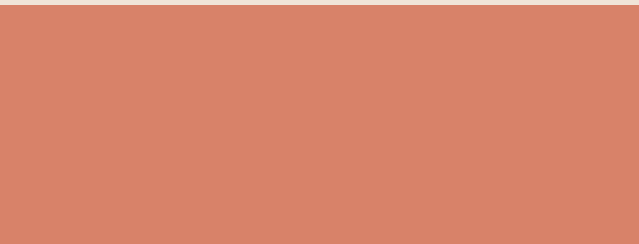
expectations?

Step 4: Set Boundaries

What boundaries will you set for yourself?

Are you prepared to lose those that do not accept your boundaries? Write down the most important boundaries you can think of for you. In each space below write down the boundaries you would like to stick to.





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Step 5: Practice Compassion

Write down the judgments you have made below.

Write down what you have learned from these situations below.

Research Sources

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