

expectations - fyp



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I heard a story about a couple of newlyweds. They were living in newlywed bliss until one night the young husband decided to go to bed early, leaving the doors unlocked and the lights on. The new bride felt so disappointed that her husband would leave her unprotected. This left her with hurt feelings, wondering why he didn't care enough about her to make sure she was safe from harm's way. Later it was revealed that when the young man lived at home, his mother was always the last one in bed, locking the doors and turning out the lights for the night. When the young woman lived at home, her father performed

those same nightly rituals. This always made the young woman feel safe and cared for.

The newlywed husband had an expectation that his wife would shut things down for the evening. The new bride had expectations that her husband would follow in her father's footsteps and make sure she was safe at night. None of these expectations had been discussed, only presumed. Thankfully, they were able to communicate their expectations and come up with a new plan for their new nightly routine.

An expectation is a belief about the way things should or shouldn't be. It is a supposition or a presumption. Making assumptions can cause negative emotions when they are not discussed openly.

The word "expectation" comes from the root word "expect" which means to believe strongly, to call for, count on, demand, insist on, rely upon or require. What unspoken expectations will you acknowledge and openly communicate as you close out 2017 and walk into a new year? What demands have you placed on yourself or others that are keeping you stuck and spinning your wheels?

As we get ready to walk into a new year, lay down your expectations and move forward with expectancy and anticipation for all of the good things that await you in 2018.