

# 4 Questions to Build Healthier Expectations

Shared expectations are an act of love. They make relationships safer, stronger, and more resilient—whether at work, at home, or anywhere people are trying to do life together.

1

## Am I aware of what I'm expecting?

Sometimes we feel angry or let down but can't name why. Start here.

2

## Is this expectation realistic and fair?

Would I want anyone to expect this of me? Is it possible or just ideal?

3

## Have I actually communicated it?

If I haven't said it out loud, I can't expect someone else to know.

4

## Have we agreed on it together?

Expectations only work if both people say yes and are on the same page.

## Start Today!

Think of a relationship in your life currently experiencing stress: is it your spouse, kid, or coworker? Start this process by self-reflecting on the first three questions.

Then, invite the other person into the conversation. Ask them the same questions. Tell them that you want to grow this relationship and as a person, and be prepared to apologize and ask for forgiveness for how you've contributed to unmet expectations between you.

Aligning expectations is one of the best and simplest ways to love others better. Doing so can lead to real breakthrough, and having the unbiased perspective of a trained therapist can often help!