

EXPECTATIONS & BOUNDARIES

EXPECTATIONS EXERCISE:

What expectations might you have, spoken or unspoken, that aren't being met?

Are you slipping into bitterness in certain relationships because of unmet expectations?
If so, which relationship(s)?

Have you become resentful toward yourself for failing to live up to your own expectations?
How?

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Choose one of the situations or relationships from above and follow these steps:

CLARIFY YOUR EXPECTATIONS.

What do you expect?

REALITY CHECK THEM:

Are these expectations realistic?

ACCEPT WHAT'S POSSIBLE:

What is reasonable to expect in this situation?

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OWN YOUR STORY:

How are your expectations impacting the story you are making up about yourself/your life?

LET GO OF OUTCOMES:

How could you be open to new possibilities?

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BOUNDARIES EXERCISE

Do you find that you are consistently frustrated in a certain situation at work? Are you feeling defeated or disempowered in a specific relationship? Are you annoyed with yourself? These are clues that you may need to define, or renegotiate, your boundaries.

Choose one situation where you would like to clarify your boundaries.

The first step is understanding what you're feeling. Write about that here:

The second step is understanding where you end and the other person begins. Write about that here:

The third step is understanding how your boundary has been crossed. Write about that here:

The fourth step is understanding what the boundary is that needs to be established. Write about that here:

The fifth step is communicating the boundary clearly and effectively. Write about how you are going to do that here: