



Are expectations stealing your happy?

Unmet expectations...perhaps the most frequent cause of disappointment and unhappiness, while expectations that are met build confidence, boost mood and fuel motivation. Partners, parents, children, employers, employees, teachers, students...they all have expectations, both of others and themselves. With satisfaction and happiness at stake it's surely worthwhile to pause and consider what will predictably bring you pleasure instead of pain.

Are you being realistic?

When you find yourself thinking, "I'll be happy when..." or "I really wish X would do Y..." be sure to check if what you're expecting is realistic. Reality testing what we're hoping for is essential and requires checking that the persons concerned have the resources they need to deliver. In other words, "Does the person I'm counting on (including myself) have the necessary time, finances, knowledge, maturity and/or understanding to do what I expect?" If not, it's a sign that more resources are needed or the expectation needs to be modified.

Have you clearly communicated what you need?

Being able to clearly communicate expectations is critical. 1. It let's everyone know what is required and 2. You'll know when your stated expectation has been met. Poorly defined or 'global' expectations often sound something like, "I'd really like _____ to help me **more**." What specific help do you require? Have you explained how you want it done and how often? Does it need to be done at a set time? **An unspecified wish for 'more' or 'less' of something is a common unhappiness trap.** If you clearly ask, "Can you please help me with _____ on Monday afternoon for the next four weeks?" it's much easier to comply.

Acknowledgement is the key to more cooperation!

If you lose your 'happy' or find yourself feeling disappointed with someone or something, try asking: "What do I expect/need to feel happy? Is it realistic? Have I communicated it clearly?" and "Can I identify when it has been done?" These quick checks will ensure everyone knows what is expected and how they can contribute. You'll have the whole family smiling in no time!

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Reality checks deflect disappointment
- ✓ Being too 'global' makes it difficult to know what to do
- ✓ Happy families require clearly communicated expectations and generous expressions of gratitude

"Depression begins with disappointment. When disappointment festers in our soul, it leads to discouragement."

Joyce Meyer

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