

## Expectations

Are Hope And Expectations Really So Different?

With hope there is an implied weakness to accept whatever may be.

With expectations, the correct outcome has been predetermined,  
at least in the mind of the person doing the expecting.  
I learned, and I am grateful, that it is never too late to learn that my expectations  
were having a devastating effect on my relationships.

I learned that I didn't have to go through the pain and suffering  
brought about by unfilled expectations only to end up with hope.  
I found that I could begin with hope.

But, in order to truly live with hope, I had to be willing to totally give up my expectations.

When I say, "I expect", I reach down within myself,  
to my beliefs, my prejudices, my wants, and my needs.  
When I say, "I expect", I want others to be and act as I believe they should be and act.  
When my expectations are not fulfilled, I get upset and angry.

But when I say, "I hope", I realize that, instead of demanding, I am inviting cooperation,  
instead of robbing, I am giving freedom, instead of stifling, I am fostering growth.

I learned that I can choose to live with either expectations or hope.  
I believe that I either have to let God or be God. I choose to let it be.

When I expect from you that which is right for me, I deny you freedom of choice.  
I deny God's will to let you be.

Tell people what your boundaries are . . . once, quietly and in peace.  
Then watch your tolerance level. It's worth it.

