



Because I Love You™

Parent and Youth Support Groups

COMMENTS ON 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, at times, 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. 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. When my expectations are not fulfilled, I get upset and angry.

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.

I am worth it. We are worth it. **YOU ARE WORTH IT.**

We want to thank you for visiting our site.

We trust you will find the information you received from our Reference Library to be helpful.

We offer a Parenting Skills book explaining our philosophies called "The Program". The cost of the book is \$12.00 (English and Spanish) and your payment is 100% tax deductible. (Please specify language in your order)

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*Once again, thanks for stopping by the **Because I Love You: Parent and Youth Support Groups** site.*

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