Reality vs. expectations

Often times, the way we expect things to turn out isn't quite what we actually get. This can be upsetting, especially if we put a lot of work into achieving a particular outcome. When this happens, it helps to take a good look at your new reality, and really explore what you expected it to be.

If your expectations change, so might your ability to accept.

What is the current situation?		
Explore reality	Explore my expectations	
What happened to create this situation?	What in particular is disappointing me?	
How am I reacting to this situation?	In your mind, what <i>should</i> have happened?	Restate this expectation with "I'd prefer".
How am I coping with this situation?	In your mind, how <i>should</i> others be reacting?	Restate this expectation with "I'd prefer".
Who can help me with this situation?	What would I say to a friend who was experiencing this situation?	
What would happen if I accepted this situation?	What aspects of the situation	on were a pleasant surprise?

