

Lesson 57: The Dangers of Expectations ~

As humans we so often fall prey to the dangers of expectations, not realizing we have done so, and then suffer the unpleasant consequences as it pertains to our personal needs that we seek to fulfill in our personal relationships. Every time we subject others to our personal expectations we risk falling into some very serious mental and emotional “ditches of error,” that carries with it its own undesirable consequences in keeping with the universal laws of manifestation, cause and effect. Even those expectations that on the surface appear to be fair and reasonable are indeed conditional at best to the person who is being subjected to our expectations and who may not necessarily view such expectations as being fair and reasonable. The result is that we unknowingly place a great deal of unnecessary mental and emotional stress upon ourselves as well on those who we are expecting to meet our needs, whatever those needs are. However, the matter of expectations is not one-sided but is indeed a two-sided affair. We either expect something tangible or intangible from someone or likewise someone expects something from us. Either way there are very important issues involved that must be taken into consideration which is why it is imperative that we look at both sides of this coin while bringing to light the dangers of expectations where our relationships are concerned and the associated ditches of error we so easily fall into.

In the process of examining both sides of this coin we will begin by first discussing the matter of expectations from the perspective of you being the one who is doing the expecting. Later in the lesson we will discuss the matter from the perspective as you being the one whom something is expected of and how the pressure of that expectation makes you feel, especially when the expectation is unrealistic where you are concerned. But before we begin this discussion it is necessary to have an understanding of what an expectation is. An expectation is the mental act of holding onto the hope, belief or prospect of a desired future event or outcome. Now while such a definition sounds innocent enough, it becomes threatening on a personal basis when coupled with an attitude of expectation when it is selfishly inflicted upon someone who is expected to manifest a desired outcome into your reality for you, often with little or no effort on your part and where your motivation is weighed heavily in favor of what you expect to gain from the involvement of that person who, incidentally, is predestined to eventually fail you. Attached to your attitude of expectation is the mental state of your mind which is also in anticipation of a desired result of which you are counting on someone else to accomplish for you. Other descriptions attached to an attitude of expectation or the act of expecting is something that you plan to achieve or hope to gain based on the assumptions you make, things you suppose will occur without question, often without the other person's input. You have a propensity to perceive this person as being someone you can lean on to meet your needs, typically with a demanding attitude, insisting on getting your way without much thought to the consequences being created through the law of cause and effect and the law of manifestation.

Maintaining an attitude of expectation is without a doubt a very serious matter that carries with it some very undesirable consequences that are not usually taken into consideration given that there is an attitude of denial attached to the attitude of expectation. It not only places the possibility of unrealistic expectations on the shoulders of those whom you expect to step up to the plate and meet your needs as you so desire, and most often on your schedule, but you also invoke an undesirable experience into your own reality as well as theirs. Generally speaking the undesirable experience often comes in the form of a perceived abandonment and soon thereafter spirals out of emotional control. The choice to exercise this type of self-centered behavior often results in the creation of an emotional rift between you and the person that you were expecting to fulfill your needs and usually occurs the moment you determine that person has failed you regardless of their best effort which seems to go unnoticed and is so often not appreciated. Sometimes these rifts are destructive enough to the point where the relationship is irreparable and a negative or undesirable karma arises as the result.

For the sake of this discussion it is beneficial to understand the difference between tangible and intangible expectations. A tangible expectation occurs when you are expecting someone to produce a result that is useful to you in some manner of speaking. An intangible expectation occurs when you are seeking a certain behavior from another person which is usually very conditional and is destined to backfire on you sooner or later. Eventually the pressure from feeling forced to produce a result on your behalf is going to blow wide open and you are surely going to suffer the consequences like it or not. Unfortunately you might be inclined to point a finger of blame at the person involved as if that person has intentionally failed to meet your tangible or intangible expectations. Personal accountability goes by the wayside as well when you selfishly expect something from someone who you perceive does not deliver in accordance with your expectations. So rather than take accountability for the manifestation of your own needs you place the burden of responsibility on the shoulders of the person who in actuality is not the least bit responsible for fulfilling your personal needs. Furthermore you hold those whom you lean on accountable as if they were to blame for not responding appropriately in their efforts to meet your needs.

Another aspect of expectations has to do with your personal needs and desires and to what extent are they truly fair and reasonable when someone other than you is expected to fulfill them; how are they measured and by whose standards? After all, what may seem like fair and reasonable needs and desires to you may not be perceived as being fair and reasonable to the other person involved. However, due to the nature of the relationship the other person involved may feel an obligation to meet your expectations and attempt to fulfill your needs even though it is not their responsibility to do so, which ultimately is not in your best interest either as these ongoing attempts to meet your needs serves only to enable you that much more. Whenever you are leaning on another

person to fulfill a tangible or intangible need or desire, without a doubt it promises to be a recipe for a personal disaster and it will in all likelihood produce some very undesirable results. Mingled within the undesirable results are the strong feelings of frustrations and anger that can quickly turn into resentment and hostility. In addition to these feelings that are often aimed in both directions comes the strong feeling of failure; you feeling that this person has failed you and that person feeling that they have indeed failed to meet your needs and desires in spite of their best efforts. It is without a doubt a no-win situation for a very valid reason. When you take on an attitude of expectation you usually do so without giving thought to the other person's personal circumstances and priorities as well as their own needs and desires. Because you are only concerned with the demands and needs of the self, that is, yours first and foremost you are inclined to not take into consider the fact that you might very well be placing an unrealistic expectation which in actuality at some point becomes a burden to the person involved, leaving that person to feel the pressure of meeting your expectations whereby that person is predestined to fail because enough is never enough.

The dangers of expectations that can cause you to fall into those unpleasant ditches of error do indeed have a two-sided affect. Unfair and unreasonable expectations puts you in a position of non-accountability in which you find it all too easy to blame the people you placed an unfair burden on when it doesn't go your way instead of putting the blame right where it belongs – on yourself. A self-centered attitude along with an unwillingness to take responsibility and accountability for your needs and desires becomes a self-perpetuated obstacle that ultimately hinders your own innate self-empowerment. The loss of your self-empowerment is the direct result of expecting others to do for you what you are not willing to do for yourself and then erroneously holding them accountable. You have a responsibility to find the ways and means to manifest your needs and desires without being dependent or co-dependent on someone to do it for you.

The most important point in this discussion is not just to understand the dangers of expectations but to understand that living in a state of expectation where your relationships are concerned does not truly bring you happiness or self-fulfillment nor does it make you a whole person. When you need to lean on someone in the hope of gaining something tangible or intangible for yourself you are not a whole being but rather you are fractured and dependent on someone to manifest your own needs and desires as opposed to looking within yourself. Living in a state of expectancy becomes an addiction that must be given its mental or emotional drug until you come face to face with this unhealthy dilemma. When you are in hot pursuit of having your expectations met through the efforts of others, regardless of the cost to yourself, you are essentially disempowering your natural ability to meet your own needs and desires and you place yourself in an unhealthy psychological position of needing someone to 'save' you by manifesting for you what you have lost the empowerment to manifest for yourself.

An altruistic sense of happiness and self-fulfillment that can only come from within does not rest on what you expect someone to do for you or may be willing to do for you but rather it rests on what you are willing to do for yourself. This is where your greatest satisfaction lies in wait. But to learn how to find your own inner happiness and gain a sense of self-fulfillment you must be willing to break the expectation cycle of unrealistic anticipations where your relationships are concerned. Your hopes, beliefs and the prospects of what you wish to manifest should not rest on the participation of others nor should it be the result of your fears or the result of any perceived suffering on your part as a supposed lack and insufficiency. These false illusions will cause you to become “clingy” in the sense that you will latch onto someone in the hope that this person will bring your needs or desires into your reality with little or no effort on your part. If you have allowed yourself to become disempowered due to a lack of confidence or belief in yourself and your ability to manifest your own needs then you owe it to yourself to consider some much needed self-examination. But do not expect to engage in an exercise of self-examination and self-reflection while you continue to point a finger of blame at someone who you perceived has abandoned you or failed you as this would truly be an exercise in futility. It is always easier to see the flaws in someone else than it is to see them in yourself much less to examine them at close proximity. So rather than make the futile mistake of attempting to manipulate someone through emotional blackmail, blaming or accusing that person for having failed you and perhaps abandoned you based on your perceptions, it is far more advantageous to accept the simple fact that you held an attitude of expectations, unrealistic at best and obviously very conditional.

In accepting responsibility for your behavior it is important to understand that you cannot be faulted for something you did not know about or were consciously unaware of. However, once this information has been brought into your conscious awareness you have no further excuses for not manifesting your own needs and desires if you choose to continue trying to manipulate people in an attitude of expectation. That you are attempting to manipulate someone into manifesting something tangible or intangible in your reality which is not their responsibility is not going to bring you a true sense of happiness or an inner peace of mind. As long as you are counting on someone else to meet your needs and desires you will not feel truly satisfied. Your false sense of happiness and contentment are superficial and temporary at best not to mention quite conditional given that no one person can ever meet your expectations. The best anyone can do is to share in the experience of you meeting your own needs and desires and not to carry the burden of meeting your expectations.

As you look for your needs and desires to be met by the expectations you place on others you are kept bound to an addictive state of mind, whether mental or emotional, that must be fed regularly because such needs are insatiable in spite of anyone’s best efforts. The certainty that the person whom you are relying on to feed your needs and desires is

in fact going to let you down simply because that person can never do enough for you is not the path to becoming liberated from the throes of what might be deep-seated fears and insecurities hidden within you. It is up to you to get to the bottom of your fears, to discover the basis of those fears and to bring them to the surface of your conscious awareness in order to be free of the psychological hold they have on you as well as the negative effects that are brought into your reality time and time again. When you are willing to put an effort into a dose of self-discovery you will find the very nature of your relationships begin to change, subtle changes at first. The sharp polarizations in your relationships will begin to dissipate as you become more in harmony with yourself as well as your needs and desires. This can only be accomplished by removing the co-dependent state of your mind and place that dependency where it belongs: on yourself. You have the power within you to go from being addicted to your expectations which is a delusional to begin with to individuating as a person possessing a healthy sense of self-worth and a meaningful purpose to fulfill in this life experience. When you are focused on the fulfillment of your own life purpose you do not fall into those ditches of error that seem to just jump right into your reality out of the clear blue as the result of your unrealistic expectations of what someone can or will do for you because you are focused on something far more important than even the sometimes unrealistic demands of your needs and desires. In addition you are not inclined to focus on what someone is or is not doing for you, therefore, there are no dangers of expectations and no ditches of error to fall into where your mental attitude is concerned. Learning how to strike a healthy balance in your relationships is truly priceless!

As promised earlier in the discussion it is now time to describe the dangers of expectations from the perspective as you being the one whom something is expected of and how that makes you feel in response to those often demanding and insistent expectations. You may not have noticed that your attempts to step up to the plate and meet that person's demands triggered an unexpected avalanche of feelings that range on the lower end of the emotional guidance scale (see lesson 55) that can ultimately result in you finally throwing up your hands in defeat because you discovered that your best efforts was simply not good enough; that much more was expected of you and it was more than you could realistically provide. The range of feelings experienced might look something like this: first you discover that you have failed to meet that person's expectations, second is that you might be inclined to feel betrayed, then your feelings move to anger and soon you begin to resent that person for expecting more of you than what you were capable of providing to them. Such a strong realization carries with it a certain psychological impact that ultimately results in a mental and emotional "shutting down" affect or it becomes a haven for a verbal and emotional confrontation in which you find yourself forced to come to your own defense which then triggers another undesirable condition - aggressive arguments that can range in emotional intensity. Most people can only stand just so much of such a dire condition especially when all

efforts of reason and logic prove to be a wasted effort because the person who has been expecting more than what can realistically be given is not willing to take responsibility for themselves and therefore insists on holding you accountable for having not stepped up to the plate and met their expectations, including the ones they omitted but nonetheless expected from you anyway.

The truth is that you are not a knight in shining armor, you are not someone's personal salvation plan, therefore it is not your responsibility to fill their emotional voids nor is it your responsibility to meet or manifest any needs and desires they refuse to be accountable for. While you might attempt to meet their demands in good faith, believing that you can and even desiring to do so is bound to fail at some point and time because seldom does a needy person see or appreciate the value of your unselfish efforts, assuming you have no selfish agendas or personal motives of your own. Ultimately, your sense of self should never be threatened by the acceptance or rejection of someone who is dependent on you and your efforts to live up to their expectations. You simply cannot live someone's life for them and any attempts to do so will only bring undesirable consequences into your own reality which you will end up bearing the results of. While it is not always possible to foresee such an unstable situation develop in a relationship you can see the writing on the wall if you know what to look for. What is important is the lesson you take away from the experience which simply put is that you are not responsible for anyone's happiness and contentment but your own. It's not that you shouldn't put your best foot forward which you do by being loving and respectful, by tending to what is your responsibility to tend to, be attentive where and when it is necessary to do so but not to take on the unrealistic demands of a co-dependent relationship where you are expected to fulfill another person's needs and desires as well as their emotional voids and even those things of a physical nature. To engage in the game of mental and emotional tug-o-war with a co-dependent person is to enable them to refrain from accepting accountability for their expectations not to mention the strain to your own psyche. Your sense of self is not reliant on any one person, place or thing. Your sense of self is contained within you and is not subject to the approval or disapproval of anyone but yourself. Therefore, do not allow someone who has latched onto you undermine your self-worth especially when they proclaim that you have failed to meet their expectations.

Regardless of which side of the coin you find yourself on know that people who do not face their own fears and insecurities will latch on to anyone who they perceive is the answer to their own misunderstood and misrepresented needs and wants typically cloaked in layers of delusion. It is without a doubt very difficult to move through personal pain, fears and insecurities but enabling someone by attempting to alleviate their pain, fears and insecurities in no way helps them to individuate as a whole person and not remain as a fractured person dependent on others for their very survival. People who are dependent on others for their needs and desires to be manifested have a

strong tendency to be critical and judgmental while at the same time are frightened of losing what they perceive is their only possible connection to manifesting their needs and desires outside of doing it themselves. Thus the dangers of expectations in this respect speak for themselves as do the associated ditches of error one falls into when one believes that it is right and just to expect something of personal value from another and where there is little or no appreciation for what is gained or the efforts put forth. The adage that says you can't always get what you want takes on a meaningful perspective when attempting to do so bears a psychological cost not just to the person whom you are expecting something from but is an even greater cost on every level of your own being. On the flip side it is just as psychologically dangerous to the person whom much is expected of as there can never be enough given.

We hope that if the discussion in this lesson struck a chord of familiarity with you that you will identify which side of the coin you are on at any given time for the sake of your own well being. To become enlightened is to come to terms with anything that keeps you bound in a state of mental, emotional and spiritual imprisonment through the acquisition of as the Buddha stated "right knowledge" because it is this knowledge that ultimately sets you free. This of course includes the dangers of expectations and the ditches of error associated with the need to expect something tangible or intangible from someone as well as the personal costs involved regardless of which side of the coin you find yourself on. If you have any questions, comments or need further assistance please contact me at the email address given below or go to the Contact Me page.

Many Blessings,

Linda, Z, The Collective We and the influence of the entity known as Seth

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