



What Am I Expecting From Other People?

A Reflection on Unspoken Expectations, Requests, and Disappointment

Expectations are part of every relationship. The problem begins when I treat what I hoped, assumed, or believed should happen as though another person agreed to it. Unspoken expectations can become resentments over agreements the other person never knew they made.

An expectation is not an agreement just because it feels obvious to me.

What Is the Difference?

Expectation:	What I believe or hope will happen.
Request:	Something I clearly ask another person for.
Agreement:	Something both people have actually agreed to.
Boundary:	What I will do if something does not work for me.

What Am I Actually Expecting?

1. What am I expecting this person to do, say, understand, or prioritize?

2. Did I clearly communicate this, or did I assume they should know?

3. Was there actually an agreement? If so, what was agreed to?

4. Am I expecting them to think, care, prioritize, or respond the way I would?

What Do I Do With the Disappointment?

5. What am I making it mean that they did not meet my expectation?

6. What do I actually need to ask for or communicate more clearly?

7. If I make the request and the answer is no, what reality will I need to accept?

8. Does this call for a request, a conversation, a boundary, or an adjustment of my expectations?

I cannot require another person to meet an expectation they never agreed to. I can communicate clearly, listen to their response, and decide what I want to do with reality as it is.