

How to Identify Unrealistic Expectations

Focus Verse

Be renewed in the spirit of your mind.
Ephesians 4:23

Complete These Steps to Identify Your Unrealistic Expectations

1. Pray. Ask God to help you be objective and bring to mind any area that needs attention.
2. Now think of an area in your life where you are feeling a lot of frustration, anger, hurt or disappointment.
3. Within that area, write down all the things you feel should be happening. **These "should be" statements are your expectations.**
4. Look over your list and pray about it again. Ask God to help you identify any areas that might be unrealistic. Be as honest and objective as you can.
5. Read your list again. Cross out or rewrite your unrealistic expectations and pray for God to help you have a new perspective!

Honest Questions to Help You Evaluate Your Expectations

- Is my expectation in line with truths from the Bible?
- Does my expectation need a new or different time-frame? Do I need to entirely remove my time frame so God can do His work?
- Am I expecting too much from myself, more than I can realistically accomplish?
- Does my expectation allow room for mistakes from myself or others?
- Does my expectation ask or demand something of someone or myself that they or I can not possibly give? In other words, does my expectation leave room for grace?
- Does my expectation let others be who they are or am I deciding who they should be?
- Does my expectation let God in? Am I creating a goal or plan based on what I think it should look like? Have I consulted God?
- What would Jesus do? Would Jesus think this way?

My Expectations List
