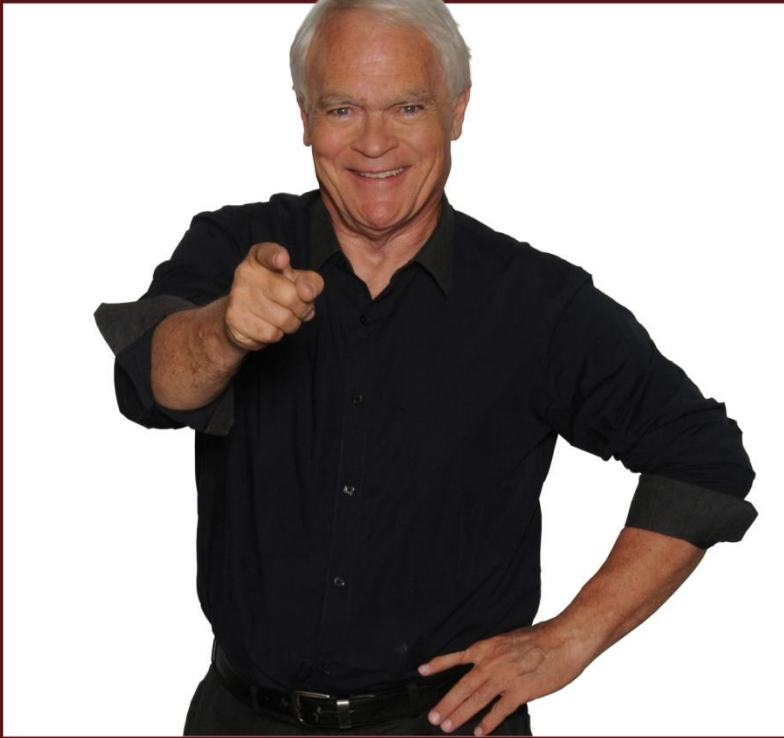


JOHN LINTON



An Easy Read Book

Expectations

Identify elements that disempower you, and
turn the corner to abundant joy and happiness.

THE EMPOWERING YOU! SERIES

The EMPOWERING YOU! Series

There are answers to every problem in life that will bring peace and empowerment.

As I hear the stories of others, I reflect on my years and open my catalog of personal experiences and find gems of wisdom that may help and inspire.

To find ways to solve and cope with the unsolvable is empowerment. To simply drift along without taking proactive steps is to be disempowered.

I want to empower you and through this and other books and my website *JohnLintonEmpowered.com*, I share my insight based on a lifetime of solving my own problems, or learning to cope with the unsolvable. I have had the good fortune to travel widely and learn from some of the best philosophers, psychologists, psychiatrists, educators and practical people of wisdom and experience.

Expectations

Worksheet

Before you read the book, consider this question:

Are you frustrated or hurt when others do things you didn't expect?

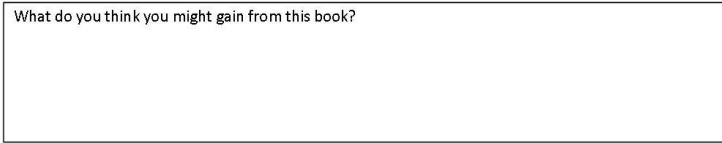
As you read, you will learn that unfulfilled expectations are the biggest source of personal unhappiness.

In this box, draw a symbol representing a situation that hurt or frustrated you.



This book will begin to open for you an understanding of why people do the things they do.

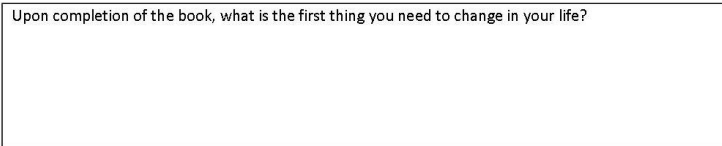
What do you think you might gain from this book?



Look for these salient points in the book:

- It is possible for you to let go of hurt and resentment whenever you have a setback.
- You can reduce stress by creating realistic expectations for yourself and modifying expectations of others.
- You no longer have to be a victim of what other people do.
- Beginning with hope and faith, it is possible to create a calmer and safer environment in your daily interactions with others.

Upon completion of the book, what is the first thing you need to change in your life?



Look at the symbol above. Create a new symbol of what you could do differently.



Remember, you cannot change what other people say or do, but you can change how you react to them.

Expectations

Preface

Unfulfilled expectations are the single biggest source of personal unhappiness and disempowerment for every human being. These include expectations of self, spouse, children, work, religion and even God.

You began life with the expectation of love, support and peaceful survival. Those expectations were innate within you and part of the natural living experience all human beings share. As an infant, and indeed as a fetus in the womb, you felt the presence of others which most likely was positive and nurturing. The natural expectation is that from birth you had a belief that love and support for peaceful survival would be your lot.

All people come into this world with the same set of circumstances. Infants are lovable, tender and so dependent. Fortunately, most begin life in a very positive and nurturing environment and the expectation is this will continue. And for those infants who suffer early neglect and abuse, with a change of environment, there is hope for their positive rebound. Babies are malleable and quick to respond to positive changes in their setting, thus reinforcing positive expectations.

But circumstances transform as infants grow into children and expectations can sour. Tragically, for many those trusting hopes erode with continued maltreatment and neglect. Disempowerment and shattered expectations come early. Perhaps this was your sad experience.

Another reality that all children face, even those who may not have suffered cruelty or neglect, is that they are being controlled.

Dutiful parents, teachers, relatives, neighbors, clergymen and others in the child's world do their part to teach and guide the child. Often the youngster becomes frustrated, and if they sense undue pressure they suffocate and rebel. Under these circumstances some suffer worse than others, but all human beings at some time will feel moments of disempowerment because their expectations for love, support, validation, personal power and peaceful emotional survival were not fulfilled.

The circumstances of being controlled never change, no matter how old a person may become. Education, marriage and careers provide new environments in which people can feel controlled, disempowered and frustrated with eroded or shattered expectations.

This short book will reveal some reasons why people do the things they do to hurt others, destroying the expectations that evolve as people grow older.

Through these writings, insight will be provided to those parents and other caring adults who may unwittingly hurt their children. Good parenting and teaching is essential, but for most people very difficult to achieve.

More insight from this and other books will be help you navigate the interactions that you surely must face as you move through life, even into old age.

What destroys our sense of personal empowerment is when we are crushed because the expectations we had of others, the world around us, and unfulfilled expectations of ourselves did not materialize.

So perhaps at some point you have been crushed. A situation filled you with despair. Rejection and failure overwhelmed you, leaving you disempowered.

How then do you become empowered?

A Challenge to You

Everything I share is based on my own experiences, my personal interactions with some of the greatest minds in the country, personal research, and what I have learned by observing others throughout my 71 years of life.

I have seen many struggle with their pain and mistakes, and have often found myself a helping and consoling agent as they have wrestled with their miseries. I personally suffered many things as you have, but my life's work has enabled me to learn from the best experts in psychology and education, and my personal angst over many things drove me to search for knowledge and find therapies that have brought me to this happy and abundant stage of life.

I invite you to read this book with an open mind and accept the empowerment that is yours to have.

Part 1

It Comes Down to Choice

As children become frustrated, they choose to act out, cry, run, hit or perform some attention getting activity that reasserts their own empowerment, but can result in bringing down further wrath and punishment from controlling adults.

But they did make a choice, and the adult in the situation also made a choice.

Throughout life our choices can become empowering or disempowering, and the patterns we set when we were young became habits that continue to affect us to the present day. Think of yourself. It's as if you are a puppet being yanked by the strings corded from your earlier experiences. But who controls those strings? Who is the puppeteer controlling you?

It is you! You make the choices that affect your life.

It may seem a cruel thing to say, that you are responsible for your own disempowerment. Now you surely haven't wanted that, none of us want to feel responsible for our own setbacks and failures in life. It's too easy to blame others. But the minute we accept responsibility, we are on the road to empowerment. It is true that others do deserve accountability for many of the things we have suffered, but we cannot change what has happened. Nor can we change what others may do to us tomorrow, or the next day, or any time in the future. But we can change HOW WE REACT to them!

This is where YOUR CHOICE becomes imperative. Do you choose to be a victim? Do you choose to find fault with others and blame? Do you

choose to consult an attorney or a doctor every time something goes wrong? Do you choose to get angry? Do you choose to consume alcohol or pharmaceuticals to relieve your suffering? Do you—as if you were still a child—choose to hit others, or be consumed by road rage or other types of angry and dangerous outbursts?

None of these choices will solve your problems. They only further disempower you.

Dealing with what life has given us, we choose to become angry and hurt victims, or we make a choice to overcome our lot in life, accept empowerment, and be happy.

We can relish in our pain drawing on the sympathy of others, or we can take control of our lives and find abundant peace.

Relationships are destroyed because of unfulfilled expectations. So it circles back to the issue of choice. Is your choice to be disempowered by unfulfilled expectations, or to choose to accept people for who they are and move on?

Create Realistic Expectations

An important choice is to work toward truly understanding your own expectations and thus creating more realistic expectations for yourself. This will increase the quality of your life as well as harmony in your relationships.

Changing these expectations will be difficult if you suffer anxiety about making decisions or you are extremely rigid in your personality. Some may think it more convenient for the other person to change their behavior rather than have to change their own expectation. But this is not always realistic.

Some people are flexible enough that they can change expectations to fit the real world in which they find themselves.

In your relationships and associations, clarify expectations and negotiate differences.

This clarification and negotiation should be one of the first choices you make as you begin any relationship whether in the family, the workplace, the school or the neighborhood. This ought to be a primary goal in all communication.

Part 2

The Devastation of Unmet Expectations

I have a wonderful friend who is a certified family and marriage counselor. In his eighties now, he is a wellspring of knowledge and experience. Dee Hadley told me many times that the reason people are unhappy in their relationships is because of unfilled expectations.

So many times have I seen young people step into a marriage covenant, full of hope and excitement. Expectations for marriage usually come from one's culture, religion, neighborhood and family of origin. Sadly, the expectations between the partners may contrast because of the variables of culture, religion and so forth.

Further, partners may have deep seated assumptions of their own which are not be fully shared, likely because they do not even understand their own assumptions or expectations. There are likely strong held beliefs around sex, having children, career and money management. But unless the couple is in full accord and understanding of expectations in these and other matters, trouble is on the horizon.

Expectations for marriage and other relationships vary from culture to culture and from person to person. Compounding the problem, needs and expectations change with time. It becomes paramount that good communication with deep exploring and understanding of expectations occur in a supportive and caring environment. And what must permeate all is acceptance for another person's differences, unique beliefs, behaviors and qualities.

But what if you are not in such a caring and supportive environment? Then stress builds, pain ensues and sometimes an explosive encounter occurs. But there is hope if you are in such an unsupportive environment.

Happiness will increase as we learn to accept others as they really are, rather than as we expect them to be.

Nonetheless, unexpected situations occur that cause devastation from justified expectations that people build for themselves based upon their goals and objectives in life.

What if a young married woman can't get pregnant?

Devastation.

What if a career focused young man gets fired or laid off?

Devastation.

What if a parent sees his or her child get bad grades in school when hopes were so high?

Devastation.

What if it is discovered that a trusted friend has repeatedly lied?

Devastation.

What if a marriage partner turns unfaithful?

Devastation.

What if an accident leaves one seriously injured?

Devastation.

None of us can go through life without suffering some of these or other devastations. What is really important to understand is that our

expectations must be tempered with a realistic view of life. Many things happen that we cannot control, and we certainly cannot control the behavior of those we love and associate with.

So what are we supposed to do?

Do we just live as victims of what happens to us and what others do to us?

The answer is no.

The Danger of Becoming a Victim

We cannot view ourselves as victims, for to do so further disempowers us and leaves us feeling that we are no better than a stick floating down a stream, twisting, bumping and being tossed about until becoming marooned in some metal grate or logjam of debris.

You are a human being, blessed with all the godly gifts of intelligence, beauty and the ability to make choices.

Make those choices knowing that not everything will work out to your expectations, but that you will be happy nonetheless because you gave it your best effort.

Cultivate Hope

Having hope mitigates expectations of specific outcomes amid circumstances that cannot be controlled.

Having hope opens your world of ever changing possibilities enabling you to find the good in whatever happens. Consider what Christ said in the Sermon on the Mount:

Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith? St. Matthew 6:25-26; 28-30

Considering ourselves as more valuable than the fowls of the air or lilies of the field places us in a position of trust, just as we were when we were born. As an infant receives the blessings and care of those around him or her, so we can receive the blessings and care of God and the universe that will guide and provide.

This is one of the important first steps to personal empowerment, simply living in faith and hope—then stepping forward with a renewed confidence in caring from sources and powers you may not be aware of.

In the universe positive forces attract positive forces. Negative forces repel positive forces. In your heart, be as simple as the fowls or lilies and your serene positive energy will attract those constructive forces that will guide you and protect you. You will see a miracle come into your life.

Part 3

Why People Do the Things They Do

As you have now considered building faith and hope to sidetrack the tendency to unwarranted expectations and fears, it is now important to understand why other people around you do the things they do that might crush your expectations and harm you.

Just as unfortunately some babies grow into an environment where they may suffer abuse and cruelty, you may be in various types of relationships where things go awry.

It is essential to understand the motives of why people do what they do.

Various actions of others may cause surprise and shock, but it happens often because of pain and unfulfilled expectations the perpetrator had. They act out from their own pain, often not even understanding their own pain and the subconscious forces that cause them to behave in certain ways.

Typically, a person who is physically abusive was physically abused when younger.

Typically, a person who betrays is a person who was lied to causing great harm and pain.

Typically, a person who exacts sexual abuse and lies about it was sexually abused themselves.

Typically, a person who is overbearing and controlling was treated with disrespect and overbearing control when a child.

It's as if these maladies are a curse that passes on from generation to generation.

But you do not need to be a victim of these crimes if you choose to.

Sometimes understanding why a person hurts you the way they do is mitigated by the compassion you may show for what they may have suffered years earlier.

Sometimes however, this is not enough. You might have to withdraw yourself from circumstances and relationships you cannot cope with. It is not right that you should continue to suffer when you have done everything you can to not only empower yourself, but empower others as well.

Another important factor to understand is the personality motives that drives the behavior of people. Research over the years reveals that there are several styles or motives that drive personalities and behavior.

Most dominant are the power people who need to control their environment, often to the detriment of those around them. They generally cannot help themselves from being controlling. They were born with this leadership quality which sometimes makes them overbearing. I call these domineering people roosters. In my book *Taming the Roosters in Your Life*, you will learn to understand the controlling power people you live with and how to react to them in a way that empowers you, rather than disempowers you.

We must be cautious when placing expectations on others, and would be better served by concentrating on the expectations we place on ourselves. One good way to lower stress and unhappiness is to lower expectations placed on others.

I think of a neighbor I once had who was convinced his sons would become basketball stars in the NBA. He built a basketball court in his

backyard and every evening drilled his boys in the art of dribbling, shooting and guarding. It was not father-son play. It was coaching with determination, force and sometimes anger.

It was assumed their professional athletic careers would begin in high school basketball. None of the boys even tried out to play basketball by the time they began high school. The father was frustrated and rejected. His expectations were far too unrealistic.

I think of another father in my neighborhood who was a lay church leader. He expected his children to be examples of righteousness. They were not allowed to watch movies rated anything but G or PG. Their television programming was closely monitored and censored. Clothing, language and every aspect of their lives were monitored by a father who wanted his family to be a model of purity within the congregation.

By the time the children were all eighteen, they had left the church their father so controlled them by.

Part 4

To Empower Yourself

Empower Others

Throughout your life you are surrounded by others, family, friends, work associates, neighbors, all kinds of people.

In these many relationships it is unwise to place undue expectations on others. You would not want to have unwanted expectations placed on you.

What expectations would you feel good about having placed on you?

Being trusted?

Being loved?

Being admired?

These are positive attributes that will make you feel good about yourself. What could you do to make someone else you associate with enjoy these same feelings?

In order for them to feel trusted, you must trust them. What if they do things you don't like? This comes down to acceptance. If you can accept others, no matter how they dress, speak or behave, they will feel safe in your presence. They will feel trusted, and they will be motivated to continue to earn that trust from you.

In order for someone to feel loved, you must love them. Inherent in loving someone is again, acceptance of them. When we receive a newborn puppy or kitten, we love them unconditionally, even though

they pee uncontrollably, yelp, whine and cry. We accept them for who they are. When you can accept others in your various associations, you will come to love them, and they will reciprocate that love back to you, truly empowering you and themselves in the process.

In order for someone to feel admired, you must truly admire them. Many years ago I had to live with a roommate who was repulsive in so many ways. He was critical of me, and had habits I found disgusting. Every morning he would work up a ball of spit and thrust it into a can of shoe polish. Mixing the organic liquid with polish, he would then apply it to his shoes. Though his actions were vile, I had to admit that his shoes always looked clean and very shiny.

I had to make a choice. I had to accept him. So I asked him to demonstrate to me how he shined his shoes, and I started doing the same thing. That roommate began to love me, for with every other former roommate there was only discord. Magically, he began to do things for me, empowering me and empowering himself in the process.

People must feel safe with each other. By that I mean they must feel that they will not be criticized, ridiculed, attacked verbally or physically, and appreciated for who they are. People must feel accepted in the larger group.

Family members must especially feel safe with each other, but unfortunately this is often not the case. Siblings may fight and struggle for power. Sadly, many men become physically abusive. Men and women can be psychologically abusive through criticism, judgment and ridicule.

Sometimes people feel like they need alcohol or drugs in order to tolerate the pain they feel and mask their disempowerment. If we are going to help people live in peace, and feel empowered to speak their truth without drugs, we must be accepting and non judgmental of them.

Analyze your own unrealistic expectations of yourself.

Many young people crave celebrity status. Do you have the desire for fame, wealth or prestige?

Contrariwise, you may have the desire for piety, humility and the need to be recognized for your virtue and purity.

These expectations will only result in disempowerment.

Base Expectations on High Principles

There are principles of life and behavior universal to all societies and cultures. Every religion and organization I know of ascribes to these common verities.

Love.

Love others unconditionally. Find the good in others and let go of their attributes that may irritate. Forgive them for the pain they may have caused you.

Trust.

Be a trusting person, even though you may be taken advantage of at times. I am not suggesting you be foolish. There are charlatans who look for gullibility. But when someone does harm you, forgive them and move on. And if they continue to harm you, then leave the relationship.

Be careful not to destroy the trust others have in you by making promises and then not fulfilling those promises.

Acceptance.

You cannot change others. Accept them for who they are. But again, if your acceptance is unfairly exploited, move on.

Commitment.

Especially in a loving familial relationship, make a commitment to love, understanding and acceptance. Generally, when people feel this kind of commitment from you, they will return that commitment in kind.

Faith.

Believe in the goodness of others. Believe in the goodness of God, and believe that people are born into this world with innocence and peace. With empowerment from you by the faith you have in their goodness, they will reciprocate.

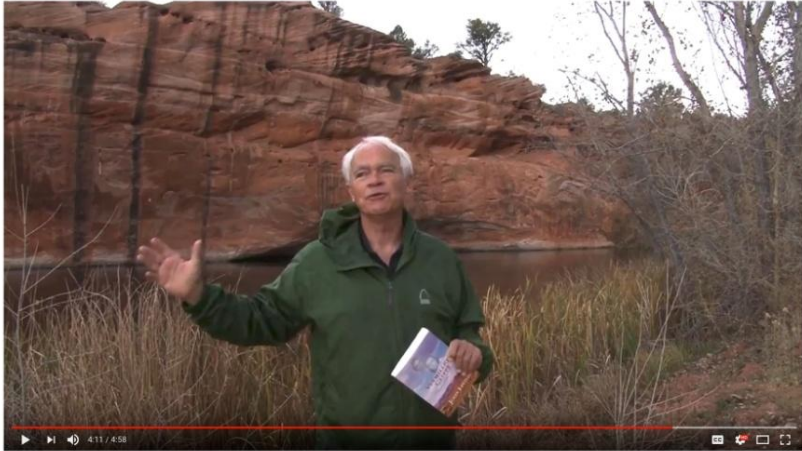
Hope.

Hope always for the best, but don't despair when things don't work out well. Hope for success. Hope for security. Hope for respect.

As you negate personal expectations centered in pride, greed, wealth and prestige, you will turn the corner to abundant joy and happiness.

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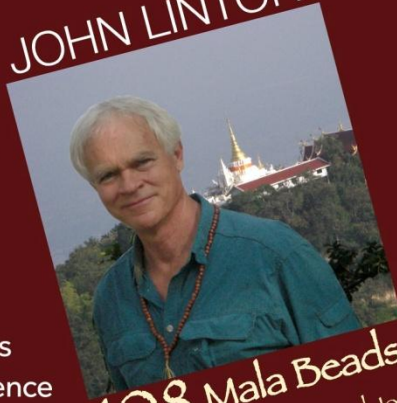
Where you can explore the 5 modules
on the Pathway to Peace

- Define Yourself
- Connect to Your Divinity
- Understand Those Around You
- Simplify Your Life
- Live a Peaceful Existence

A Must Read!

108 Mala Beads recounts the life changing experience of John Linton when he sojourned in Thailand for several weeks. The book is filled with wonderful proven strategies that will take you from a sense of failure, humiliation and disempowerment to a profusion of peace and joy.

JOHN LINTON



108 Mala Beads
A Journey to Healing and Joy

Available on Amazon

Each of the 108 beads
is another step to
forgiveness, gratitude,
harmony and joy.