



CIGNA Behavioral Health

# Expect the Best

**H**ow well do you know yourself? What are the areas in which you expect the best of yourself? If you expect perfection, you're likely to be disappointed. But you can set realistic expectations by knowing yourself, listening to your own messages and communicating your expectations to others.

## ***Your Expectations of Yourself***

Have you ever noticed how people treat you when you're feeling great about yourself? You have a look and a spirit that others find irresistible. Did you know, if you expect to feel good about yourself, you probably will? No one feels or acts great all the time. We all have our ups and downs, and no one is perfect. An honest assessment of who you are may help you set realistic expectations.

## ***Parental Messages***

Do you still carry around parental messages of who you should be? Many of us do. Sometimes these messages are negative and can get in the way of our meeting our full potential and being happy with who we are.

Try to be honest with yourself about whose expectations you're

## ***Setting Realistic Expectations***



trying to meet. This can be difficult to do because it's hard to separate parental messages from our own. But it gets easier with practice.

## ***Your Expectations of Others***

Just because you have certain traits doesn't mean that others do. If you are always on time but your friend is always late, try talking about it to your friend instead of stewing in silence. One of the biggest problems we have with our expectations of others is not telling them what we expect. We assume others will read our minds and will magically be everything we expect of them. This type of thinking is particularly common in close relationships, where love is supposed to conquer all. But no matter how much we are loved, if we haven't told someone what we expect, it's likely we'll end up disappointed.

## ***Personal Assessment***

Make an inventory of your positive attributes. Are you interested in others? Are you a good listener? Do you have a sense of humor? Do you try to learn new things? Are you patient? By knowing your positive features, you can put your best foot forward and expect the best from within yourself!