

Are your expectations realistic?

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=MT3JJIFkYIE](https://www.youtube.com/watch?v=MT3JJIFkYIE)
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SUMMARY

The speaker emphasizes that unmet expectations are a primary source of emotional distress, leading to anxiety and frustration. By reassessing and aligning expectations with reality, individuals can find peace and reduce chaos in their lives.

- *Unmet expectations often lead to feelings of anxiety, frustration, and sadness.*
- *The greater the gap between expectations and reality, the more intense the emotional turmoil.*
- *Instead of reacting negatively when things don't go as planned, individuals should pause and reflect on their expectations.*
- *High or mismatched expectations can contribute to emotional chaos.*
- *Finding peace involves changing expectations rather than trying to change reality.*

one of the main reasons we get upset in life is because our expectations were not met we had an idea of how things should be and the reality doesn't match that the greater the gap between your expectations and how reality truly is is greater your anxiety your frustration your sadness your despair so the next time things don't work out instead of railing and yelling and

screaming why aren't they working out pause go within and ask what were my expectations maybe my expectations were too high maybe my expectations were mismatched and it is here in re-examining your expectations that you will find peace because when your expectations are not aligned with reality it Causes Chaos within us so instead of changing ing the reality maybe you need to change your

expectations