

What Were You Expecting?

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**What Were You Expecting?**

**By Susan Dunn**

**What Were You Expecting? by Susan Dunn, MA, Emotional Intelligence Coach**

Think back for a moment on the major and minor disappointments in your life. The reason they're disappointments is because they didn't live up to your expectations. You had something in mind that didn't happen, or you wanted something you didn't get. You also had made up your mind - if you think about it - that it was going to be horrible if you didn't get it.

You wanted the job and you didn't get it, so you were disappointed. If you hadn't wanted the job, you would've been overjoyed not to get it!

Also if you think back on disappointments in your life, I'm sure you'll find that in at least some instances, things turned out for the best. You didn't get the job you were aspiring for, but you got a better one in the end. Or the man you were dating broke up with you and you were sad, but then you found a better partner. Or you really didn't want to leave Amherst, Massachusetts and move to Lillian, Alabama, but once you got there you found it was its own version of paradise.

All of this is saying that we can't always be sure at the time whether things are for the best or not, and it's our expectation that we must have it this way or we'll be devastated is what's making us miserable.

When you do this, you are setting up an either/or situation. You have arranged your expectations, and the future of your happiness on a proposition such as this: If I get this, I'll be happy. If I don't, I'll be devastated.

As the great poet John Milton wrote, "The mind is its own place, and in itself, Can make a heaven of hell, a hell of heaven."

Now a more emotionally intelligent way to handle these things is not to lower your expectations, but to broaden them. By using emotional intelligence competencies such as resilience, creativity and flexibility, you can manage your emotions more effectively.

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A simple example of this would be planning a vacation. Most of us put effort, time and money into planning our vacations, all of which are precious to us, and so we may find ourselves expecting it to be perfect. If you do this, you are automatically setting yourself up for disappointment.

However, if you keep your expectations realistic and in line, you cushion yourself against the extremes. It's quite possible to have an enjoyable vacation that meets your needs (rest, rejuvenation, fun, adventure or whatever you're after) and not have every detail fall exactly into place.

One of the most important things to do is to remain positive. Expect the best, and avoid going into a downward spiral, or taking it out on yourself, if it isn't.

If, on this vacation, you aren't able to take the excursion you wanted to, you will feel better if

1. You don't blame yourself. Yes, you could've booked the excursion earlier, but the tour people could also have allowed for more guests to participate, yes?

2. If you don't over-extend the importance of the event and predict negatively into the future, i.e., "my vacations are always lousy."

3. If you don't bring in other things that aren't relevant, i.e., "I can't plan a vacation or do anything right."

4. Find things to enjoy despite the things that were disappointments. It's a rare ANYTHING that's 100% good OR bad.

Your expectation for perfection can make you miserable, and whatever you're doing, it's for sure your intent isn't to feel miserable. When you have unrealistic expectations, you compound your problem, because in dealing with one problem, you create a worse one.

It's bad enough not to get the job, without blaming yourself, feeling devastated, and considering it part of a hopeless pattern of bad luck, incompetence, victim-ness, or your global ability to handle things.

Suit up, play the game the best you can, shower and go home. This means managing the emotions around all of these steps. Getting what you want is important. It's nice. It's certainly preferable. But if you don't get it, it isn't the end of the world.

Resilience means being able to bounce back from disappointments, retaining your faith in yourself and hopes for the future. Understand the flow of things. Sometimes you'll succeed, sometimes you'll fail, and sometimes in retrospect, it will be hard to tell the difference.

About success and failure, Churchill said, "Success is not final, failure is not fatal: it is the courage to continue that counts," and "Success is going from failure to failure without a loss of enthusiasm."

So keep your enthusiasm by managing your expectations and using your emotional intelligence.

Lastly, one of the best things you can learn is to enjoy the preparation. It's the one thing you can count on. I have one client who plans trips she doesn't even take, because it's so much fun. Another who

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purposely takes speaking engagements on topics she doesn't yet have material on, so that she can learn and master something new in preparation.

If you have thoroughly enjoyed the preparation, then you have an extra part to the whole package that's under your control that can meet your expectations.

### TAKE WITH YOU POINTS

Do how do you manage these disappointments?

1. Develop your emotional intelligence so you can manage your expectations and keep them realistic and manage your reactions to them.
2. Remain optimistic and resilient no matter what the outcomes.
3. Consider that in the long run it may turn out to have been a good thing.
4. Learn to enjoy the journey as well as the destination, because they are two different things.
5. If you're going to play, enjoy the game!

©Susan Dunn, MA, The EQ Coach, <http://www.susandunn.cc> . I offer coaching, distance learning courses, and ebooks around emotional intelligence. EQ is more important to your success, happiness and health than IQ, and it can be learned. [Mailto:sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for FREE ezine.

## Find Out The Gender Of Your Baby – Ultrasound Testing

**By Stephen White**

The pregnancy ultrasound is by far the most exciting and fun test for women to take. At approximately 18 weeks into the pregnancy it is used to accurately pinpoint the expected arrival date of the baby, as well as see how the baby is developing. Yes, you will be able to determine whether the baby is a boy or a girl as well.

### 1. Track The Development Of Your Baby

A general practitioner will be able to tell if your baby is healthy or whether there is cause for concern. Although this is quite alarming for the expecting parents, it is essential for the health of your baby. If something is wrong, you will be required to go in for further testing.

### 2. Get To Know Your Baby

With Ultrasound, you can be introduced to a visual of your baby for the very first time! In many cases this is the first real wakeup call that both expecting parents have that a baby is on the way. Although

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tiny and not fully developed, the baby will be moving and some of its shape will be recognizable. The person carrying out the ultrasound will be able to point out how the baby is doing and answer any questions.

### 3. Is It A Boy Or A Girl?

The pregnancy ultrasound will reveal the burning question asked to the expecting parents time and time again – is it a boy or a girl? Depending on the procedures employed by the place giving the ultrasound, this information will be given to the parents upon request. This information is given on the understanding that it is as it appears, and may not be correct. Some rare cases have been known to be wrong, but in general, it is always right.

### 4. Things You Must Know

As you know, the Ultrasound can help to predict the due date for the baby. Unfortunately, if the prediction by the Ultrasound differs from your doctors prediction, you need to prepare for both due dates! A later ultrasound may reveal a different date. If this happens, prepare for the earliest date, just in case.

For more great pregnancy related articles and resources check out

<http://pregnancyplace.info>



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