

Expectations of Self

May 1

In our addictions, grandiose expectations of ourselves keep us stuck. Here, we become our worst enemy: persistent, inflexible, and controlling, convinced that inflated opinions of ourselves and others are accurate.

These inflated images of that person in the mirror hide what we are responding to, that small voice inside. The voice that insists we are defective, not enough, and deserve the insults of others and ourselves. One form self-punishment takes is the excessive exaggeration of our *expectations*. Expectations so big, they set us up for continual failure.

Some of us knew our expectations were enough while in recovery, but we never heard the message. Today, we look at expectations and ask questions to help us define a new normal, a *new sense of what is enough for us*.

We ask, “Am I still reaching to achieve other people’s unrealistic expectations or my own?” “Do I even know what they are?” “Do those expectations benefit me, or are they designed to satisfy others?” “*What would it take for me to be enough right here, right now?*”

In recovery we strive to make our expectations reasonable, balanced, and most of all, fair. Working The Steps gives us a new awareness of our limitations and boundaries. We no longer feel it necessary to live up to the expectations of others. We are the only ones who can assess what we need from ourselves to feel comfortable in our own skins. The answers are already within us.

We know we are enough when we seek in prayer, and then ask for the answer to the question, what do I expect of me in a situation?

TODAY’S MEDITATION

I am grateful for the relief that comes with knowing my expectations are right-sized today.

“*I’m not in this world to live up to your expectations and you’re not in this world to live up to mine.*”—BRUCE LEE