

Graphic Organizer

## What Do I Expect of Myself?

<p><b>Helpful Expectations:</b> Help me grow and encourage me</p>	<p><b>Unhelpful Expectations:</b> Cause me to be hard on myself and create negative feelings about myself</p>
---	---

**1. Select one unhelpful expectation you have for yourself and put a star by it.**

- Why is this expectation unhelpful for you?
- What impact might these unhelpful expectations be having on you?
- What do you notice in your body or your feelings as you look at this expectation? How might that help you recognize this expectation as not helpful?
- What do you think might contribute to holding this unhelpful expectation? Recall our discussion on what society tells us makes us happy. Do any of these messages contribute to this expectation?
- What can you do to reduce this unhelpful expectation, or to begin thinking about it in a different way?
- How might others help you to reduce or reframe this unhelpful expectation?
- Who do you think could be helpful to you?

**2. Select one helpful expectation you have for yourself and put a star by it.**

- What is this expectation based on? Reflect back to our discussion on what society's messages are to us — where do you think these sources of helpful expectations come from?
- Why is this expectation helpful for you?
- What feelings arise or what do you notice in your body when you think about this expectation? How can this serve as a guide for knowing what is helpful?
- What can you do to make this helpful expectation a reality for yourself?

## What Do I Expect of Myself?

*(continued)*

---

- How might others help you to make this helpful expectation a reality for yourself?
- Who would be a helpful resource as you develop this helpful expectation more fully?
- What would they do?

Choose at least one unhelpful expectation to reframe. It can be what you just reflected on or a new one. Reframe that expectation to be a helpful one. How can you use self-compassion to reframe or rewrite these expectations?

**Example:** An unhelpful expectation is “I need to make perfect grades so I can be successful.” A more helpful one might be “I need to try my best in school, so that I can learn the skills I need to be my best self.”