

The Weight of Unspoken Expectations

Not all expectations are consciously chosen. Many are Inherited. Adopted. Absorbed. Accepted. And eventually mistaken for our own.

Many of the expectations influencing our lives feel so familiar that we rarely question them. Expectations about Success. Relationships. Work. Responsibility. Who we should be. What we should achieve. How we should live.

Over time, these expectations can become part of our internal operating system. Not because we consciously chose them. But because they were repeatedly presented as normal. The most influential expectations are often the ones we no longer notice.

Awareness begins when we pause long enough to examine them.

Take a moment to reflect on an area of your life that currently feels pressured, demanding, or difficult to navigate. Complete the following:

1. What expectation feels present in this situation?
2. Where do I believe this expectation came from? Family? School? Culture? Workplace? Somewhere else?
3. Does this expectation genuinely align with who I am today? Why or why not?
4. If I had consciously chosen my response to this situation, what might look different?



Not every expectation needs to be rejected.
But every expectation benefits from being examined.



**Did I choose this?
Or did I simply inherit it?**

Awareness begins when we recognise what has been shaping us all along.

