

## Balance Your Well-Being With Others' Expectations

Expectation I perceive	
Who do I feel expects this?	
Why do I feel they expect it?	
How does meeting this expectation require me to sacrifice my well-being?	
Is there a reason why their expectation is more important than my well-being?	
How can I compromise between my well-being and the other person's rights*?	

\*When developing a compromise solution, remember: you never have a duty to cater to someone else's expectations. However, you can care about others' needs and feelings without taking responsibility for them. Therefore, your compromise should be between your well-being and their rights. As long as your solution respects their rights (e.g. the right to ask for a reasonable amount of help, the right to honest communication, etc.), the other person should ultimately understand.

If someone else has discussed their expectation with you (or hinted at it), make sure to talk with them about your solution. Below is a template for having that conversation:

Because... I care about you / we are close / we discussed it / (other),

I feel expected to... \_\_\_\_\_

However, as I've tried to meet this expectation, my well-being has suffered. I've experienced... \_\_\_\_\_

The status quo isn't sustainable for my well-being, so I was thinking we could compromise.

You have a right to feel \_\_\_\_\_, but I was thinking that this could be a solution that works for us both: \_\_\_\_\_

\_\_\_\_\_