



Positively Jane - The Podcast

Navigating Life's Highway... *together*

Episode #11 Transcript: Expectations in a Relationship

JANE SHINE:

Do you ever get frustrated when your desires, ones that are never communicated, are not met? What happens when you communicate one thing and expect something else to happen. Do you get upset? What happens when you put your 'desires into the expectation box?' In today's episode of the Positively Jane Podcast I want to chat about those desires of yours...and what happens when they become expectations.

INTRO:

Hey there - I'm Jane Shine. As a blogger for over 4 years, I have been encouraging women of all ages to rise above those circumstances that kick them in the butt and choose a life filled with joy. Topics - you name it. From relationships, anger and irritation, embracing the aging process, how to retire with wealth, and so much more! I can't wait to dive in!

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JANE:

I recently read an article titled 'Valentine's and Unmet Expectations'. In a nutshell it was their 1st Valentines' Day as a married couple. Knowing that her husband was really busy at work she sent him a text stating 'You don't have to plan anything for Valentine's Day—I'll handle everything. Don't worry about anything'.

When the day arrived she made the most awesome dinner for the 2 of them. She even bought him gifts. As the night went on he gave her.....nothing. No candy. No flowers. Nothing. She became so upset and disappointed that they



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ended up going to bed not speaking. And he was just confused.

After a night of the silent treatment, he showed her the text that she had sent. She then realized what had happened and felt terrible because she did not realize that even though she had said 'don't worry about a thing'...her mind thought something totally different. She really did have a desire and that desire was sitting in her invisible expectation box. The one she never communicated and the one he knew nothing about.

So I have been thinking about our desires vs our expectations. Why is it that we don't even communicate our desires? Why do we sometimes feel uncomfortable dreaming? Are we afraid that those dreams might become expectations? Or not become a reality.

My youngest daughter, Nicole, flat out told her boyfriend (now husband) when they were dating, that birthdays are a big deal to her. Birthday's mean favorite dinners, loud birthday song singing, pampering and a gift (the gift does not need to be expensive). She wanted him to understand it ahead of time. She communicated her expectations because she did not want to be disappointed.

Now, sometimes we communicate our expectations and they can't be met. Maybe there is no time, lack of funds, or even desire on the other person's part to fulfill it. What happens then? In the case of my daughter, they may have not gotten married – that desire was a big deal to her and her man needed to know. But, because he really liked her, and it was an easy thing to fulfill, he gladly celebrates those birthdays!

Have you ever had a conversation like this? Maybe this sounds familiar to you... (husband and wife having a conversation).

Scenario #1:

Wife to Husband: I would love to own a house someday rather than rent. Wouldn't you? Renting is such a waste of money.

H to W: Yes, that would be great, but we need to save some more money 1st for our emergency fund and our down payment.



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W to H: Ok, how much more money?

H to W: Answers with a \$ amount.

W: Starts going to open houses 'just to see what is out there.' Checks out Zillow for comparisons. Falls in love with a house. Begins to dislike her apartment and complains about it a lot. And wonders why her husband says they need to save more money....they have enough now to buy it, don't they.....and then BAM – those desires are now in the expectation box. Crazy huh? How did that even happen? And now they are arguing about something that was clearly stated at the beginning - only the mental playing field changed.

Or how about this conversation:

H to W: If all goes well at work we might get a bonus this year.

W to H: Oh my gosh... can we dream for a minute here...what would you like to do with that bonus money?

H to W: I don't want to spend any of it – I want to invest it all.

W to H: Well, what if we went on a really nice vacation.

H to W: I don't want to talk about it anymore...the bonus is a long shot and we might not even get it. PLUS – I don't want to go on a vacation.

What happened in scenario #2?

According to my husband, Willy, the husband in scenario 2 did not want to talk about it anymore because he was afraid that if he did dream, and it did not happen, he would disappoint his wife. And he was afraid that if the bonus did not come through she would be upset...and he would feel responsible for disappointing her. PLUS, he had a different thought process than his wife (being a guy and all).

Crazy how the mind thinks isn't it? Are you wondering if talking about future hopes and dreams is ok?



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In my humble opinion, it is totally ok to sit around and have discussions about future hopes and dreams. The hard part is keeping them in the 'hope and dream' category. And not moving them to the 'I don't want to disappoint' category. Or the 'expectation' category. When desires are clearly stated...that does not make them expectations. They are just desires.

When it pertains to money, everyone needs to be on the same page and have the same goals. Is a vacation a bad idea? Nope. Is a vacation a bad idea when there is no savings or retirement is in the future and the cash is short. Yup.

Have you ever said to someone 'If you have time could you please do X - lets say fold the laundry.' And you come home and it's not folded. And you are upset. Why is that? Well...you had a desire but subconsciously put that desire in the expectation box. And without even realizing it you had an unvoiced desire that was not met.

Maybe a better statement would be 'I'll be home in a bit - please fold the laundry while I am gone'. Desire stated. Expectation established. And what happens when you get home and the laundry is still in the basket is a conversation between you and your partner!

My kids, when they were teenagers, would say to me something like 'On Friday I am going to Jack's house to hang around 9.' They stated their desire. And if I did not answer they assumed that it was ok. But really I was trying to avoid an argument at the time. So their desires were put into the expectation box. And they just assumed it was ok.

So what do you do with those different thought processes? Those desires vs expectations? Those desires in a relationship.

#1 - Make sure that your partner knows that you are dreaming. Thinking of the future. And that there are no expectations involved. Let's say you are dreaming about going on an Alaskan cruise together. Just talking about it and saying 'Wouldn't it be nice to go on an Alaskan cruise together.'

#2 - But when you are moving from a desire to an expectation make sure that it is clearly stated. Now, if you both agree that you would both like to go on that



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Alaskan cruise together make a plan to go. Save the money. Set aside the time. Make the arrangements. And now that the desire of the cruise has become an agreed upon expectation, both parties need to work together towards the goal.

#3 - What do you do when expectations are not met? Using the cruise as an example. What if you agreed to save \$500 a month so that you have \$3000 in 6 months. And one of you spends that extra money on something else.

This is the hardest one to do - this one involves taking 3 or more mental steps back and not engaging in anger, irritation or frustration. Because none of those things solve the problem. After 42 years of marriage I know that for a fact. It involves conversation and working together to come back to a common ground. To find out what happened or did not happen. Whatever the case may be.

I would like to close with this:

Figure out how you can communicate your desires without putting them into the expectation box.

Figure out how you can ALL dream without someone feeling a sense of expectation.

Figure out, once expectations are communicated, how you can all work together to fulfill those expectations.

In the meantime, enjoy your dreaming...keeping it where it belongs.

And as always, I would like to encourage you not to let the circumstances of life kick you in the butt. I would like to encourage you to learn how to rise above those circumstances so that you can live a joyful life....everyday.

If you haven't already go on and grab my FREE 'Joyful Living Quickstart Guide' - this will definitely help you take the first step towards living your joyful life.

Thanks for listening. If you like what you hear please subscribe and share with



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your friends. I have linked everything I talked about in the show notes. Go on and grab them. Until next time - go out and make it a joyful day!

Links mentioned in this episode:

- [Joyful Living Quickstart Guide](#)
- [Aging Gracefully Newsletter](#)
- [Vitruvi Diffusers, Humidifiers and Oils](#)

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