

How can you deal with them?

By Libby Haim

Who doesn't know that feeling you get when something doesn't work out the way you want it to? It can be a grade that turns out to be lower than you thought; a friend that disappoints you; or your favorite soccer (כדורגל) team losing an important game. Those "things" causing us that feeling of disappointment are called expectations. When reality is in line with our expectations – everything is great. The problem begins when it's not.

So what can we do to deal with that unpleasant feeling we get when reality doesn't meet our expectations? Here are a few small tips.

1. **Know your personal limits.** Comparing yourself to other people is the best way to feel bad about yourself. One person can sit down for 2 hours without getting up, while another needs to take a break every 15 minutes. Try to have expectations that fit you – don't try to make yourself fit the expectations.
2. **Give yourself credit.** When something you did goes well – don't forget to take a minute and compliment yourself! This might help balance you at other times, when things don't work out.
3. **Remember – each person is different.** Try not to expect from other people the same thing you would expect from yourself. That's not an easy thing to do – but if you try, you might see that people disappoint you less.
4. **Do things just for fun.** Don't forget to take some time to do things that have no purpose other than just doing them. Life is full of expectations – but not everything you do has to be that way.

Grade

ציון

Disappoints

מאכזב

Expectations

ציפיות

Unpleasant

לא נעימה

Meet

עונה על

Limits

גבולות

Comparing

להשוות

Balance

לאזן

Purpose

מטרה