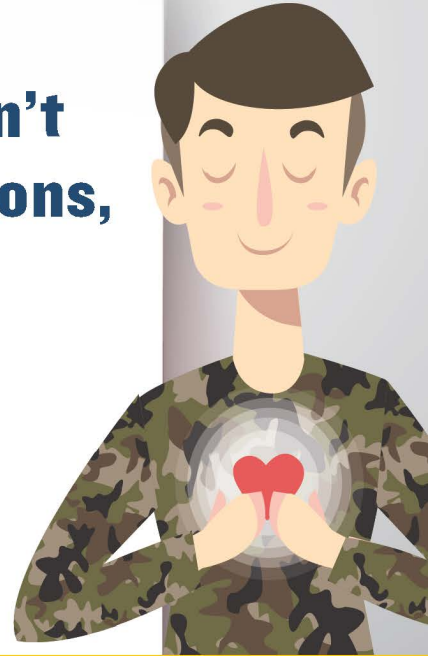


EXPECTATIONS & COMPASSION

Expectations are beliefs about how things should be or how people—including ourselves—should behave.



When reality doesn't match our expectations, we experience disappointment, frustration and resentment.



3 STRATEGIES TO PRACTICE SELF-COMPASSION

When things don't go like we think they "should."

1 **Be flexible.**
Communicate your needs, and reconsider your expectations.

2 **Take a self-compassion break.**
Accept you're in a moment of stress, and be kind to yourself.

3 **Write a self-compassion letter.** Talk to yourself as you would to a dear friend experiencing the same situation.

BENEFITS OF SELF-COMPASSION

Be understanding when you/others don't measure up to your expectations. Compassion for others and yourself actually leads to improved results and goal attainment.



For more ways to strengthen your resilience, connect with us at:

@ArmyResilience  