

Coach's Corner

Is someone driving you crazy?

By Sharon Pahlka, Kidney patient and life coach



For many months now I have been noticing myself say (under my breath), “just let people be who they are going to be.” I am recognizing that holding expectations of others doesn’t work, and maybe I should think differently. My expectations give others

too much psychological grip on me and can ruin the inner peace I have come to treasure more as I get older.

When we create expectations for others, we set the other person up for failure and ourselves up for disappointment. People just aren’t going to perform the way we expect them to. And, maybe – just maybe – our expectations are wrong. We are much better off appreciating others for who they are and expecting the unexpected.

If the cat lays a smelly mouse on your new carpet to impress you with her hunting abilities, accept the cat’s point of view on the matter and then take care of the mouse for your own benefit. If your sister calls for the

third time reminding you of your nephew’s birthday, appreciate your sister’s persistence, send that card, and accept your imperfect memory.

When we allow others to be who they are we give them a gift, but we also give ourselves a gift. Letting people be as they are allows us to relax and enjoy the present even if it isn’t what we want or expect.

This doesn’t mean we don’t take effective action or give up hope for a finer future. We just have to hold the thought that others will change when they need to.

Coaching Question: Are your expectations disappointing you?

Coaching Tip: You can choose to make a clear request without complaining or blaming. You can let go of your expectations. Remain bright, calm, and non-judgmental. Let go of needing to understand why. Focus on calm, detached observation.

Homework: Today, practice letting things or people be the way they are in all their messy imperfection. Lessen requirements into “preferences.” Notice how free you are with no expectations.

Quotes: “The ‘what should be’ never did exist, but people keep trying to live up to it. There is no ‘what should be,’ there is only what is.” – *Lenny Bruce*

Find more of Sharon’s articles at www.lifeisagift.com.