

Overcoming Imposter Syndrome

Expectations Exercise

Expectations that someone will act or speak in a certain way are almost always based on the past (either with this person or someone like them).

This exercise will help you conduct a thorough analysis of a situation where you had unmet expectations so that, through increased self-awareness, you'll be able to control your reactions and dial down your expectations.

Think about an emotionally-charged situation you recently found yourself in where your expectations weren't met. This can be personal or work-related. Describe the situation in detail and then answer the questions that follow.

Situation:

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<p>What was your expectation of the situation?</p>	
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<p>How many of your assumptions were based on past experiences?</p>	
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<p>What emotions were you feeling?</p>	
<p>What inner dialogue was going on inside your head?</p>	

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<p>What emotional triggers of yours were tripped?</p>	
<p>What did you assume the other party was expecting?</p>	

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<p>What emotions do you believe the other person was feeling? What evidence do you have of this?</p>	
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<p>How did you react?</p>	
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<p>What did you do to manage your emotions and think things through before you reacted or responded?</p>	
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Was the outcome favorable or not? To whom?	
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