My List of Expectations

Take a moment to list all of your expectations in life without thinking too much. Just keep writing "I expect that…" and then fill in the blank with whatever comes into your awareness. As you write the list, interchange the word "expect" with such words as what "should be" or "demand" or what "must be". It doesn't matter how big or small the expectation is or whether it seems reasonable or not, just keep your pen writing until you can exhaust your list…