

# **EXPECTATION.**

The Root Cause of ALL Suffering, Heartache, Wellness,  
Sickness, Joy, Anger,  
Ecstasy, Depression, Sadness, Laughter,  
and the Root Cause of EVERY  
Reaction, Non-Reaction, Over Reaction, Shock, Surprise,  
Disappointment, Misunderstanding, Victory, and Defeat!!

"The Most Powerful Two-Edged Sword Governing Each Of  
Our Lives"

By David P. Crowley

(This Writing is a work-in-progress. This is not in a completed form. It is merely  
an easy to read, fascinating,  
initial over-view on a subject that will take volumes to ultimately be explained  
and understood, in great detail)

Imagine, if you will, this scenario. It's a beautiful day outside. I decide to visit the local zoo. As I pass the monkey habitat, I stop to gaze at the incredible oddity and human like behavior of these primates. Monkeys are my favorite animal to just watch and study. As I grab on to the bars separating me and these beasts, a brave lone monkey walks right up to me and stops dead in its tracks, just about a foot away from the bars. He gives me a cold stare and then proceeds to raise his right arm. Then suddenly he flips me "the bird". As if nothing happened he casually turns around and walks off. I did not become angry. I did not scream and shout obscenities at him. I did not flip a bird back at him in a fit of over-reaction, screaming at the top of my lungs, "Here!!!...shove this up your ass...you damn punk...you ain't nothing but a dumb ass monkey...I'll take you on any time punk!!" I was not hurt. It did not crush me that a monkey walked up to me and flipped a bird right into my face...so crushed that I could not take the pain and humiliation, causing me to return to my car sobbing in heartbreaking rejection. Rather, I felt quite amused by what he did, so much so that I laughed out loud. Now, had I then returned home and my four year old son flipped a bird at me as I stepped through the front door, the reaction would have been totally different, needless to say. So why the disparity...why the drastic difference in reaction from a monkey flipping me the bird, to my son doing he same? EXPECTATIONS. I expected a monkey to act in such a manner. I did not expect my son the same.

Imagine, again, if you will. The next day is Sunday. I decide to take my family to church. We find our favorite pew and sit down, looking forward to another inspirational preaching by our beloved Pastor. He walks up to the podium, opens the bible and begins to scream. "All of you are nothing but F\_\_\_\_\_g sinners who don't deserve a damn place in heaven!!!" Now, my mouth would drop in total shock...I would look to my wife and kids and immediately motion them to leave. On the way home, I am furious and stunned that I heard this from our mild mannered and loving Pastor. My kids are asking me all kinds of questions, in total disbelief. Later that afternoon, I call all of the members of the church and set up a meeting to question the Pastor as to his incredible behavior. Why am I so upset? EXPECTATIONS. I did not expect my pastor to talk with such vulgarity, especially in church!

How about another example. I end up falling in love with the town slut. It matters not to me that she has slept with just about every male in a ten mile

radius of my town. I love her and she loves me. I marry her in a strange wedding. My best-man, John, has slept with her. He is indeed perplexed at my decision and hesitantly takes part in the wedding. About a month or two into my marriage, I get a call from John requesting me to meet him at some bar. He has something important to share with me. I get to the bar and we sit at a table in the back corner of the bar. He has a worried look on his face. I ask him if everything is okay in his life. He shakes his head and tells me very quietly, "Your wife has been sleeping with your neighbor, Jim." I look at him with a "so?" look as I shrug my shoulders. I tell him, "I know." He looks at me in a stunned expression wondering why I am not showing any form of shock, anger, or hurt. I follow up with a "I expected that from day one....now let me by you a beer, my good friend!"

My non-reaction to this news about my wife was the direct result of one thing, MY EXPECTATIONS. I had no expectation of her fidelity. Thus when she cheated on me, it did not bother me in the least bit...perhaps she could have been a bit more discreet and fool around with someone further down the street a ways...and not my NEXT DOOR neighbor!!! Gee Wiz! Man!!

I realize that this example is somewhat far fetched and unreal, but I am using extremes to extenuate my point. In your every day life, the many "upsets" and the many "joys" you experience are not the result of the actual circumstance of what was done to you or said to you or not done to you or not said to you, but rather, more deeply, the result of what you expected or did NOT expect from that situation, that person, or that thing. Your actions, reactions, or non-reactions are the direct product of your EXPECTATIONS.

If I were coming home after work and just as I open my front door, my wife lands a left hook right into my jaw, sending me careening back on to the porch, I would be stunned, shocked, and angry for her greeting me in such a manner, especially after a long days work. The root cause of my reaction to her for doing this to me is NOT as much the punch, but rather, the fact that I DID NOT EXPECT THIS FROM MY OWN WIFE!!! I gather my senses and when the stars in my head stop spinning, I get back up on my feet and ask her blatantly, "what the hell was that for, Honey...have you gone mad!!!???"

Opposite scenario. I have been abusing my wife for years, sending her to the hospital a number of times, even spending a few months in the local jail for assault and battery on her. This morning before I left for work, the coffee she made for me was not hot, so I dragged her across the kitchen, threatened to kill her with a kitchen knife and proceeded to bang her head against the frig with a couple of slaps to the face to boot. Later that day, I return home from work with all intentions of giving her some more pain. I fling the door open and there she is with a gun in her hands. She proceeds to blow a hole through my shoulder, narrowly missing my chest. I careen back onto the porch falling to he floor with blood gushing out of the wound. She points the gun again, but this time directly at my privates...I scream, "Please Baby, No...I'm sorry." She pulls the

gtrigger...."click." She had it all planned. As reality sets in, am I surprised that this happened? Except for the fact that we never had a gun in the house, I'm not really surprised. In fact my brain begrudgingly accepts her retaliation. I guess I deserved it...in fact a few times in the past I had thought that sooner or later something like this could very well happen, but I would brush it off thinking she just did not have it in her to fight me back in any manner or way. I was wrong. There was no "how could you do this to me sweetheart?" routine.

I have found that over the years, in trying to explain to people about this phenomenal process of EXPECTATIONS and how it affects so incredibly our everyday lives, that analogies and scenarios are the best way for people to "get it" and apply it to their own lives. If I may, I will continue with a few more.

I'm hungry for a huge Big Mack with fries and a tall soda. I drive to the nearest McDonalds and head into the drive-thru. I order a #3 combo instead, as I have this sudden urge for something cheesy. It's the Double Cheesburger Combo. I pay for it at the next window and slowly take my car to the receiving window and anxiously await my cheesburger. The clerk hands me a warm bag with a tall soda. I drive off with much anticipation. While I'm driving I begin to dive into my tasty meal. I bring out the wrapped sandwich only to find that it is a CHILI BURGER!!!! Chili beans are dripping with sauce all over my shirt, pants, and on the car seat as I desperately try to shove it back into the bag, while trying not to lose control of my car. I am very pissed. But just why? Because I received a chili burger instead of a cheese burger? NO!! On the surface, that is the cause of me being upset. But in reality the TRUE cause of my anger is EXPECTATIONS!! I EXPECTED to get what I ordered and my expectations were not met. McDonalds has a solid reputation of getting orders correct. I automatically, without even a thought, EXPECTED them to maintain that reputation with me. Had I NOT Expected to receive what I ordered, then I'd just blow it off and take what was given to me. And I had high Expectations of enjoying myself tremendously and frolicking in Burger Bliss Heaven scoffing down that juicy double cheese burger....actually THAT was my biggest expectation...I was starving. On my way to the drive-in, I could just picture that juicy burger coming up to my gaping mouth....by the time I pulled into the drive-thru, I was salivating! Man, what a let down.

Let's study an opposite scenario. Let's say there is this funky drive-in across town called "Surprise, Surprise Drive In." Everyone knows that you have no clue as to what is going to be served to you. You may order a fish burger with fries and they will just ignore your wish and throw in a corn dog with cheese bits! I'm a bit amused about all the talk about this joint, so today, I decided to go and check this place out. I order what I want in the first window and make my way to the receiving window and out pops a bag of something with the clerk jovially saying "Surprise, surprise...you have a nice day...full of surprises now!" I grab the bag and say, "Thaaaanks, you too!" I drive off, all excited as to what may be in the bag for me to eat! I ordered fish sticks with fries...and they gave me a big bowl of Chinese noodles!!! Ha! How do you like that! Guess its Chinese today!

Am I upset? Of course not.... because I EXPECTED NOT TO GET WHAT I ORDERED! My Expectations FORMED my Reactions.

My wife and I were enjoying some quiet time in the backyard sitting on our lawn chairs under the oak tree. Our dog Sam was with us as well. Sam gets up and goes up to a bush and begins to pee all over the bush. I don't even respond with an emotion...its a no brainer. Suddenly, my wife gets up, walks over to the bush, smells it a bit. I watch her and am quite confused...the bush has no smell. Then she begins to slide her shorts off and stoops to the ground and begins to pee on the grass below. I am stunned. I am floored! I yell to her, "What the hell are you doing...the toilet is inside!" She turns around, still in her stooped position and smiles to me with a statement, "That's okay Hon, its easier and quicker this way." I sit there thinking she has lost her mind. Now why the difference in reaction to the exact same action...peeing by a dog in the backyard and peeing by my wife in the backyard? My level of expectation for each was dramatically different...thus my totally extreme reaction towards my wife's actions....and my total non-reaction to my dog's actions.

I'm sitting with my wife in our living room with a comfortable warm fire. We're both relaxing, reading our favorite novels with our glasses of wine. My glass is nearly empty. I notice my wife putting her book down and starting to get up from her sofa. I ask her, "Hon, could you get me some more wine for me, please?" I lift up my glass to hand it to her. She stands there with her glass in hand and places her free hand upon her hip and rails into me with "You get it yourself, you lazy ass jerk...do I look like your damn maid!" I am floored. Floored is not the word. My mouth drops open and I stare at her as she turns and walks to the kitchen to fill her own glass. We're best of friends...for years now...she has never once raised her voice at me, much less call me a "jerk." Yes, of course, I'm stunned and upset at her for saying this to me. But really, JUST WHY am I upset? What she told me TRIGGERED MY initial reaction of shock. But what CAUSED my reaction was my EXPECTATIONS. I did not ever Expect her to tell me that. My Expectations was the ROOT CAUSE of my REACTION!!

So why is it important to know just what the Root Cause of your reaction may be? Because Expectations can be ADJUSTED, CHANGED, OR EVEN ELIMINATED in your brain. It is actually all up to you. You can actually eliminate or reduce needless pain and hurt in your daily existence...totally needless stress, discomfort, and a host of other feelings and reactions. Imagine what that can do to improve your daily life existence.

We have all heard of the term, "Expect the Best of Yourself" or "Your Expectations are not High enough" or "Beware of Over Expectations". They each have a cause and effect...sometimes a tremendous cause and effect...to the point you may just want to give up on something, or just end your life with a bullet in your head. This subject is not something to just sweep under the rug and ignore. It DOES exist within each of us, deep in the recesses of our sub-conscious minds. That is why most never look deeper than the the actual event

that caused you to react...its easier to blame the situation than to look deep into the WHY of your reaction. But it sure can pay big dividends. How about a much happier life!!!

Every single emotion you feel, you project, you receive and react to is **ROOTED IN A CERTAIN LEVEL OF EXPECTATION**. Yes, EVERY! You **RESPOND** emotionally solely as the result of particular levels of expectation you have of yourself, or of someone else, for a product, a service, and everything else around you in life. A relationship that is on the rocks and subsequently ends is not the result of what was said or not said, what was done or not done enough, or what was felt or not felt enough between the two parties. Yes, all these things like arguments, misunderstandings, insensitivity, and cruelty are the **TRIGGERS** of the hurt and pain each feels, but the **ROOT CAUSE** always points somewhere down deep...each one's **EXPECTATIONS**, too much, lack of, unrealistic, or misguided.

The result of wrong and dangerous expectation is total frustration in your life. Let's say I have been incredibly frustrated for the last six months. My life is a mess, my wife hates me, my kids think I'm nuts...I haven't smiled in weeks...my boss is about ready to fire me...my whole life is in turmoil...why? Because this last January I, I made a New Years Resolution that I was determined to keep at whatever cost. I decided that I was going to be the first human to fly...yes, fly just like a bird. Every waking moment since then six months ago, my mind has been preoccupied and obsessed with this goal. When I return home everyday from work, I put on my shiny bright orange bird suit and begin my running and flapping of my arms up and down as I race up and down the street. My neighbors are sick of me and think I should be committed. I've jumped off my roof 9 times, six of those landing me in the hospital. I have to date, 17 broken bones and 213 stitches to my name criss-crossing my skull. I don't have much hair left. But I am determined to one day fly, even if it finally kills me.

Now what is wrong with this picture. Yes, it is great to have a goal to work towards and expect to achieve one day. That is what drives you and motivates your daily existence...your Expectations to achieve that goal. But my life is a mess and I am totally unhappy, depressed, and frustrated because of this crazy **UNREALISTIC EXPECTATION** of being the first human to fly like a bird. So I am going to have to do something right away...like **RE-ADJUST** that expectation or **ELIMINATE** it from my life and brain. So I decide to do so. I tell my family that I no longer desire and expect to achieve this silly goal, and that from now on, instead, I am going to spend my time learning how to fly a remote controlled motorized airplane. Yes, that is a much more Realistic and Attainable goal, with much less emotional anguish due to a **CHANGED EXPECTATION**. But my family has had enough and my wife thinks I am beyond repair. She files for a divorce and takes the two kids to another city. I am petrified and hurt beyond my senses...why? Because I **EXPECTED** her to keep her end of the marriage vows...through thick and thin, including bouts of total insanity.

I am a basket case for six months. Then I meet a young girl at my local bar hangout. Her name is June...she's ten years younger than me. I am overwhelmed with pride and joy...why? Because I never EXPECTED a younger girl to be attracted to me. I mean, I just got dumped by my wife...I am nothing. But she is making me feel like I'm somebody. We dance many slow dances...she feels so soft and smells so sweet...I'm feeling very good...why? Because I Expect a pretty girl to feel soft and smell sweet. A couple days later, I invite her out for dinner at a fancy pricey restaurant. We meet there in separate cars...or so I thought. She turns the corner and into the parking lot riding a horse. I'm shocked...why? Because I Expected her to come in a vehicle of some sort. We live in a city here. How the hell did she get that horse into the city...where does she keep the damn thing. My mind instantly wonders a ton of questions, as she sees me and hoists a huge wave. Then as she gets closer I am even more shocked as I see that she is wearing nothing but a bikini. I am floored and speechless as I help her off the horse. Why? Because I Expected her to know what formal wear was. I walk her inside the restaurant and we find a table, but not without getting everybody's attention watching me in my formal attire and she in her bikini. I try to start a conversation, but it is difficult, as she places some headphones on and starts jiving to some rap music. I am quickly realizing that this is not the same girl I danced with a few nites prior...I am getting very upset...why? Because I expected at least some form of consistency in character and behavior. Suddenly, she let's out a roaring burp from the deep bellows of her insides. I nearly fall off my chair as my jaws drop in complete shock...why? Because I Expected her to act in a lady like manner, especially in a fancy formal place like this. If that was not bad enough, she raises her hands to fix her hair and much to my dismay, I see long locks of hair protruding from each of her armpits. I am now angry and embarrassed...why? Because I Expect American women to shave their underarms. I could go on and on, but I think you get the picture. Every single emotion, feeling, and reaction is based upon one thing, YOUR EXPECTATIONS. That is THE root-cause of every single emotion, feeling, or reaction in your life...and in just one day, we go through hundreds and hundreds of these!!! It is not as much as the event witnessed or the words said, but rather it is the level of Expectation of something else to happen instead, or to be said instead, which is the root cause of your response and feeling. The event, the words, the happening is the TRIGGER to your initial response, NOT the root cause.

We all have many many expectations and many more various levels of expectations...by the tens of thousands in our personality and make up. We are raised from day one to learn to expect. The system of Expectations in your brain is the foundation for your entire personality, demeanor, and character. But a parent, with all good intentions may allow for the ultimate self destruction of a child, that of teaching him to expect from himself way too much more than he can actually handle. We have all heard the stories of screwed up girls short circuiting in their teens after years of beauty pageant chasing when they were younger. From a tender age of three, these over zealous parents drive their