



# Reality Relationships

7 Essentials to Help You "Get Real" and "Get Right!"

## Part I

### Reality Relationships: Expectations

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"When asked to discuss disappointments, frustrations, and other negative aspects of their lives, people were 28% more likely to say something negative about their relationships than they were when asked about the positive aspects of their lives."

—2002 STUDY, CAUGHLIN AND HUSTON

#### Failed Expectations:

- **Unavoidable** (We are all so different!)  
People fail to meet expectations: forget birthdays, fail to return calls, etc.
- **Unrealistic** (No one can meet them!)
- **Unclear** (Make me feel good!)
- **Unfaithful** (They are self-focused!)

#### Essential #2:

**"I must expect more from myself (in effort) than I expect from others (in response)."**

"Relate" is a verb.

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud.* 1 CORINTHIANS 13:4 (NIV)

#### Practice the Positive Power of Patience

"People who get angry quickly experience more arguments in their relationships, and their arguments continue 81% longer than people who are prone to remain calm." —2001 STUDY, BERRY AND WORTHINGTON

*The end of a matter is better than the beginning; the patient in spirit is better than the proud in spirit. Do not hasten in your spirit to be angry, for anger rests in the bosom of fools.* ECCLESIASTES 7:8-9

#### I need patience because people ...

- don't cooperate with my plans
- don't fulfill my expectations
- don't share my concerns
- don't understand my schedule
- don't respond the way I desire
- interrupt my plans
- cost me money
- expect me to meet their needs
- cause me a lot of problems

"If the only tool you have in your toolbox is a hammer, you tend to see every problem as a nail."

—A. MASLOW

#### 5 Positive Expressions of Patience:

1. Patience is "keeping your head" when you feel like "flying off the handle."
2. Patience is listening even when you know the answers and can complete the sentences.
3. Patience is allowing others the opportunity to learn by experience rather than coercing them to learn everything from yours.
4. Patience is giving people room to make mistakes and finding ways to forgive them when they do.
5. Patience is being sensitive to the needs of others. The struggles they face may be greater than yours on any given day.