

# Stop expecting these 7 things in others

I do not exist in this world to live with your expectations. And you don't appear in this life to live with my expectations - Bruce.

*"I don't exist in this world to live up to your expectations. And you don't appear in this life to live with my expectations" - Bruce Lee.*

The biggest disappointments in our lives are often the results of expectations that are misplaced. This is especially true when it comes to relationships and interactions between one person and another.

Controlling your expectations with people will significantly reduce unnecessary frustrations and suffering, both in your life and in your life, and help you focus on what's really important.

This means, it's time to .

## 1. Stop expecting others to agree with you

You deserve to be happy. You deserve to live the life you desire. Don't let the opinions of those around you forget that. You are not born in this world to live up to anyone's expectations, and no one in the world has to live up to your expectations. In fact, the more you accept your own decisions in life, the less you will need approval from others.



You must dare to be yourself, follow your own intuition, though you may feel frightening and strange. Don't compare yourself to anyone. Don't be discouraged by their progress or success. Follow the path you want and fulfill the goals of your life. The ultimate success is how you have a happy life as you expect.

### 1. **The letter the father sent his daughter and the life lesson "No one owes you anything"**

## **2. Stop expecting others to respect you as you respect yourself**

True strength lies in the soul and spirit, not muscle. It is all sincerity and faith in you and ready to act according to what your mind tells. Decide this moment so that you never have to ask anyone for love, respect and concern that should be presented.

Today, look in the mirror and say, *"I love you and from now on, I will act like that."* The important thing is to treat people well, but more importantly, treat yourself well. When you practice and respect yourself, you will give yourself the opportunity to be happy. When you are happy, you will become a better friend, a better family member and a better version of yourself.

## **3. Stop expecting (and needing) others to like you**

You may feel unnecessary and not worthy of a person but you are invaluable to another person. Never forget your value. Spend time with people who value you. No matter how good you are with everyone, there's always another person criticizing you. Smile, ignore them and continue what you are doing.

In a chaotic world if you try to make you become like others, the hardest battle you face is the fight with yourself. And when you resist, no one likes you. Sometimes, they call your name because you are "different". But that's perfectly fine. Things that make you different from other things will make you and those who know will love you for that.



## 4. Stop waiting for others to please your opinion of who they are

Loving and respecting others means that you let them live with them. When you stop hoping for people in some way, you will start to appreciate them.

Pay attention and respect people for who they are and not who you want them to be. We don't know that people like us still believe that we know half of them and really understand someone is part of what makes them great. **Everyone is beautiful and special**, just that we need to be patient to look at those beauties. The more you try to understand someone, the more you can see through their looks and see the beauty in their real people.

## 5. Stop expecting them to know what you are thinking

Not everyone has the ability to read other people's thoughts. They never know how you feel unless you tell them. Your superior? Yes, the boss didn't know you were hoping to get promoted because you never told them. Is that guy you have never been talking to because you feel so embarrassed? You know the reason is not yet simple, because both people have never said the desire to meet each other and no one gave each other a time to chat.

In life, you must connect with others often. And often, you have to be proactive in speaking first. You have to tell people what you think if you want them to understand you. It's that simple.

## 6. Stop expecting them to suddenly change

If someone has a habit that you often notice, you hope they will stop that habit over time, maybe this is very unlikely. If you really need them to change something, be sincere and say all your thoughts so they know how you feel and what you need from them.

However, throughout your life, you can hardly change people and you should not try. Or you accept people or you choose to live without them. This may sound harsh but not so. When you try to change a person, they are usually the same, but when you don't try to change - when you support them and allow them to live freely with what belongs to them - they will gradually change in a good way. Because what really changes is how you look at them.



## 7. Stop expecting them to be happy

Think of others more than necessary, all the people you meet face a certain struggle, just like you. Every smile or sign of strength hides an inner struggle, as complex and unusual as it is in you.

Remember that light is not meant to ignore darkness. We are judged by our ability to overcome adversity and insecurity, not escape. Supporting, sharing and contributing to others is one of the best rewards. This happens naturally if we allow it, because we all share the same dreams, needs and struggles. Once we accept this, then, the world will be the place where each person looks into each other's eyes and says: *"I am stuck and having trouble now"*. They nodded, saying, *"Me too"* and that's fine. Because not "okay" all the time is really okay.

People rarely behave exactly the way you want. Hope for the best but expect less. And remember, your level of happiness is directly proportional to the thoughts and ways you choose to think about everything. Even if a situation or relationship doesn't work as you want it is still worth it if it makes you feel something new and if it teaches you a valuable lesson.

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