

There is an interesting quote: “Blessed is he who expects nothing for he shall never be disappointed” by Alexander Pope. I found it quite interesting and made some research about expectations and disappointments (since in this society disappointments, failures and the stress that comes with them are taboo) and naturally I thought about my own experiences.

I realized that ironically the person that let me down the most was also the person from who I expected the least. The circumstances of this situation were special so obviously I overthought it a lot. Stressful questions that did not have a right or wrong answer started invading my mind at night. I also wanted to find out why the situation turned out that way, this only led to more overthinking and stress. However, the harsh reality is that I was stressing myself for no reason.

So let me put it this way. When you have expectations that are not met, you get disappointed, and you stress yourself to understand why your expectations were not met in the first place. Sounds relatable, right?

Now there was a module in this project based solely on stress and so we know that we must avoid as much stress as we can for our own wellbeing. We can avoid getting our feelings hurt and thus avoid stress by either having high standards and cutting off anyone who did not meet our standards, or we can lower our expectations to the point where we do not have any. This way, as Pope said, we will not get disappointed. But these are not healthy mindsets that one should have. So obviously disappointments are unavoidable. Does this mean that the stress is also unavoidable? Well, it depends.

First off, you must make sure that your standards are reasonable. And if your standards were reasonable and you got disappointed and you feel stressed, ask yourself if you can do something to help the situation or not and act accordingly. If the answer is no, then move on. Accept the situation and stop stressing yourself over something you cannot do anything about.

Now you decide how you live your life but always remember: you should not be afraid of unfulfilled expectations. Most of the time the stress that comes with them is useless and sometimes disappointments are necessary. Still, always check if your expectations are reasonable, after all, as William Shakespeare once said, “expectations are the root of all heartache.”