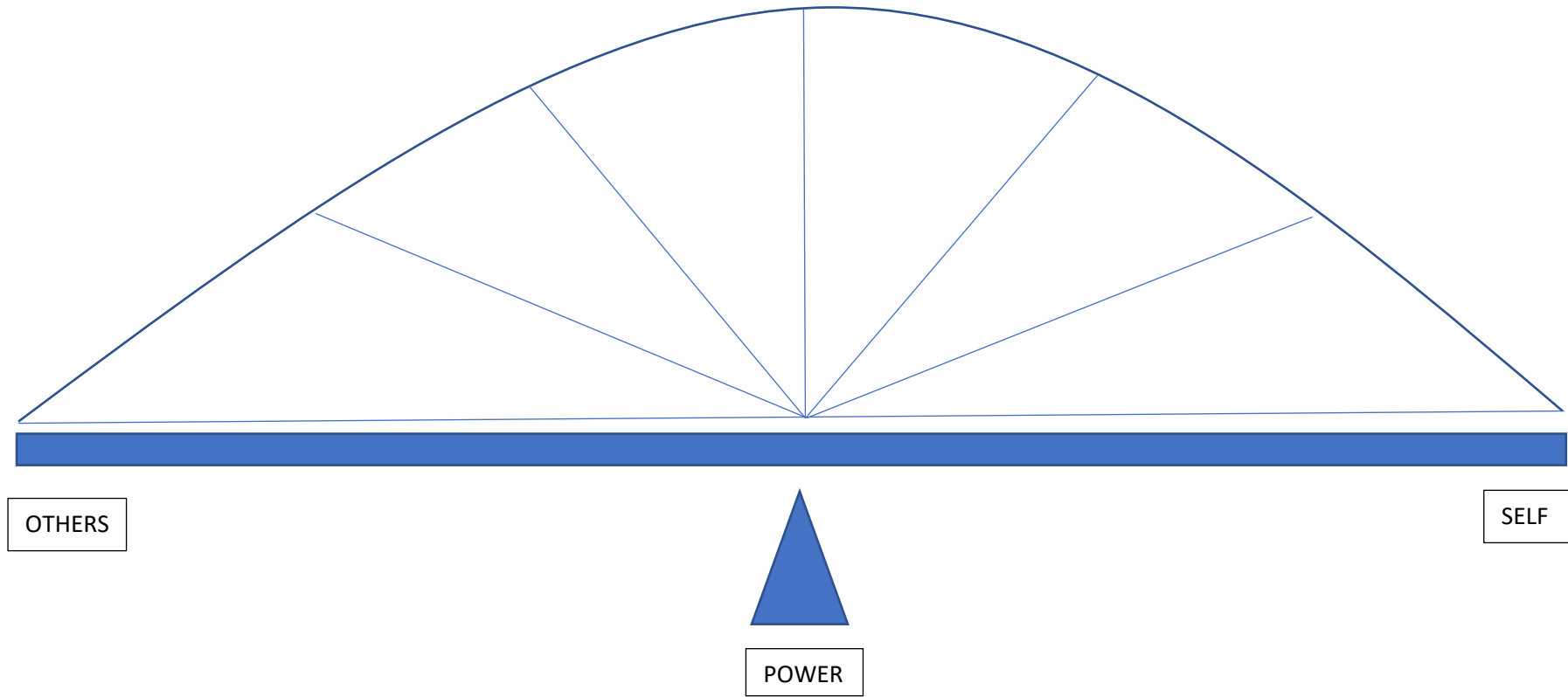




Expectations Exercise

STRESSES



1. Think of the main stresses you frequently find yourself under e.g. having a clean house when the visitors call
2. Then for each one, decide whose expectations underlie those stresses e.g self, mother/mother-in-law, work colleague
3. Assign a symbol for each e.g. 'X' for others and 'O' for you
4. Place each 'X' on the side of the scale labelled others and each 'O' on the side of the scale labelled self
5. Which way are the scales tipping?