

## Expectations

### If you cared about me...

- you would have told me what you expected of me.
- you would have noticed what I've done.
- you wouldn't have forgotten my birthday.
- you wouldn't have stood me up since we made plans.
- you would have known that hurt me.
- you would have asked me how I felt because you would have noticed that I was quiet.

### Reasons For

- I always got what I wanted by throwing tantrums/ withdrawing/ punishing.
- I was never disciplined.
- My mom always demanded her own way.
- I had a "smother-mother" -- a mom who always sheltered me and controlled my environment to be pleasant and surfacey (no real relating or dealing with problems).

### Wrong Response (thinking/actions)

- I equate self-worth and good feelings with being able to always get my way, so I still throw tantrums/ withdraw/ punish/ or emotionally control my environment.
- I am always looking for proof of your love for me because of a lack of security which discipline provides.
- Since I was never disciplined, I expect to get everything I want and I do anything I want to with no consideration for others.
- I need to feel needed so I will do anything for anyone who responds to me with love, and I will punish those who do not appreciate what I've done.
- I expect my environment to be free of negatives, therefore...
  - I avoid conflict and confrontation by seeming to agree and then withdrawing and not relating.
  - I keep everyone at a safe distance by putting up barriers and a pleasant facade.
  - I throw off all authority by doing all of the opposite things from my home environment with reckless abandon.