

Reset Experiences

Expectation versus Reality

This is a play on the social media trend “Instagram versus reality,” where users post an edited, polished photo next to the original, often unflattering shot. With this in mind, use the table below to write your expectation of something that has caused you anxiety in the past versus the reality of the experience.

In the Expectation column, write about a time you were anxious about what you thought might happen. Be sure to describe the worst case scenario you envisioned as well as what you were feeling. In the Reality column, write what actually happened. Was it what you expected? Make sure to pay attention to how you felt afterward. Next time you find yourself worrying about an upcoming event, try using this exercise to transition with a sense of acceptance and calm.

Expectation	Reality