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Self-Reflection – Roles/Expectations

Ask yourself these questions to understand what you believe about your life and the roles that you play.
How many are in the 'have to' or 'should' category?

These ideas are likely things that you have been taught, told or expected to fulfil. **How many of them are really yours, fulfil your life and make for happy relationships?**

Roles

What roles do you believe men and women are supposed to play in romantic relationships?

What role do you believe you're supposed to play as a parent, child, friend, etc?

Who taught you or where do you learn the above roles?

Are there any roles you are playing that don't "feel right" to you?

What roles would you need to change or play to feel in alignment?

Expectations:

I expect men to be:

I expect men to do things like:

I expect women to be:

I expect women to do things like:

Are any of these expectations absolutely true? Provable? Is there evidence they might be wrong?

Do you want to be wrong?

Are you keeping yourself stuck in a negative, unfulfilled space because you follow roles and expectations?

