

Expectation Hangover: Overcoming Disappointment in Work, Love, and Life



When our expectations are met and things go according to plan, we feel a sense of accomplishment and pride. Risking little, we feel safe, in control, and on-track. But when life throws us a curveball or does not live up to our expectations, we end up with an Expectation Hangover. This particular brand of discomfort is profoundly sobering and uncomfortable. Christine Hassler urges us to not wallow in regret, self-recrimination, or anger, and instead see these hangovers as catalyst for profound transformation. Often life has to throw us a curveball (or several) so that we look in a different direction. When we fully treat our Expectation Hangover on the emotional, mental, physical, and spiritual level, we learn courage, faith, surrender, and love, and we make room for the kind of unexpected things that lead us more directly to a life we love - rather than a life we planned.

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