

## Expectations and the Self Fulfilling Prophecy

LOA teaches us that expectation is a very powerful vibrational state and that ultimately we get what we expect. **An expectation is as a *belief* that we are 100% certain about.** Our expectations are often why we do *not* get what we want. We may say we want it, and we may even affirm it with fervor, but deep down we have an expectation—a belief—that's stronger than our desire.

As we mentioned when talking about affirmations, it takes repetition over a period of time to program our brains to integrate our new beliefs. You may want to get into graduate school. You may be reading your affirmations every day. You may be feeling optimistic about your ability to ace that test. But, if you've spent your whole life believing that you bomb on tests because you get nervous, your EXPECTATION of failure will be more dominant than your hopeful vibration.

In psychology, this same phenomenon is called the **self-fulfilling prophecy**. Basically, it states that if you believe something will happen—you expect it—you will unconsciously do things that will cause it to happen. In the testing example, your expectation that you will do poorly will cause you to experience anxiety during the test, which interferes with your cognitive functioning and leads to a lower score. In the same way, if you expect every person you love to leave you, you may find yourself sabotaging your relationships out of fear of being hurt. You may treat your partner poorly, ultimately leading them to leave. The brain loves to prove you right!

**Does this mean that you're doomed to attract only what your old belief systems cause you to expect?** No way! Just like how repetition of new, affirming beliefs can rewire your brain, so can practicing a state of positive expectation.

### Developing Positive Expectation

If you find that there are limiting expectations or beliefs bouncing around in your mind, *use the methods discussed in the Affirmations video* to create and practice positive affirmation statements regarding the expectations you would *like* to believe.

Another method of developing positive expectation is to *find EVIDENCE that increases your level of certainty*. If you think about it, all beliefs that we hold strongly are because we are CERTAIN about them. And why are we certain? We have evidence to back it up. So, if you want to enhance a belief or expectation, search for evidence that backs it up!

**Below is an example of how finding evidence, even from someone else's life, can provide just the certainty you need for positive expectation in your own capabilities.**

For a long time, it was believed that the human body was simply not capable of running a mile in less than 4-minutes. It wasn't just dangerous; it was impossible. However, on May 6, 1954, Roger Bannister broke the 4-minute mile barrier. He collapse after the fact, as if his body and mind had accepted the dangers of running the 4-minute mile (he expected it!). Then, just 2 months later, another runner accomplished the same feat. As word spread, more and more runners began beating the 4-minute barrier. Today, it's become commonplace—even some high-schoolers have run a mile in under 4 minutes. Therefore, the barriers were not physical, but mental.

What opened the door for runners to run a mile in under 4 minutes was that their EXPECTATIONS changed!