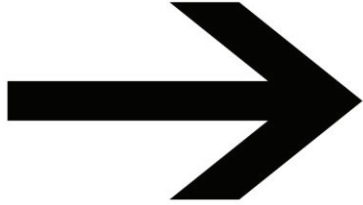


# EXPECTATIONS

## OF A HEALED HEART



If I believe I am

, then I can expect....

### UNHEALTHY EXPECTATIONS

To be overlooked  
To be replaced  
Danger and harm  
Shame, embarrassment, humiliation  
To be despised  
Rejection  
To strive and to work  
The bare minimum,  
what is necessary to survive

### HEALTHY EXPECTATIONS

To be invited  
To be accepted  
Safety and provision  
Respect  
To be loved  
To be given a place  
To rest  
Extravagance,  
above and beyond what is necessary