

# Week 5 Story Questions: CACA Expectations

**T**his week, you will take some time to explore and question your **CACA Expectations**. In every situation, every one of us has completely unreasonable expectations of Convenience, Agreement, Compliance, and Approval. These expectations are the source of a significant amount of anger and resentment, which means they are also a significant drain on your happiness.

**Remember that it doesn't matter if the expectations are met or not.** The expectations themselves are unreasonable, and if you don't recognize that, tell the truth about it, and drop the expectations, they will consume the energy of your happiness and have a negative effect on your prosperity.

## **Become conscious of your judgments about CACA Expectations.**

Before you can question your CACA Expectations, you first need to drop your judgments about them. CACA Expectations are **unconscious**, and they're **always present**. You can't ever get rid of them because they're a part of being human.

The CACA Expectations are a part of the **metastory**. The actual story consists of the objective, observable events. It's just the facts, without emotions, opinion, judgment, pathos, or context. Everything else is the **metastory**. The metastory includes expectations (including CACA Expectations), judgments, assumptions, and context, including all emotional context.

The **story** is always true, but the **metastory** is just *real*. When you question the story to elevate the truth quotient, what you're really doing is questioning the **metastory**. The objective events of the story never change, but what they mean and how you experience them, does.

The CACA Expectations are a part of the metastory. This means they may only be tangentially connected to the events of the story itself. They may not be obvious, and they will show up to different degrees, but you will always be able to find them in every story.

## **Use your inner child to question your CACA Expectations.**

Your CACA Expectations are selfish, childish, silly, and unreasonable, and these are only a few of the reasons why your adult self would like to pretend that they don't exist. To really appreciate the power and depth of your CACA Expectations, you need to let your inner child take over and throw a hissy fit.

This can be quite a lot of fun. It feels wonderful to acknowledge your inner child, and you can let it express without letting it take over. Lean into the temper tantrum and discover exactly how unreasonable your expectations are. When you reach the point where you start to laugh at how bonkers those expectations are, you'll automatically clear them.

## Expectations of Convenience

Expectations of convenience usually relate to instant gratification. You expect to get what you want when you want it, which is now. Any interruption, delay, or obstacle violates your expectations of convenience.

Expectations of convenience also mean that you expect to be able to follow your own timetable. You expect that you won't have to do anything you don't feel like doing until you feel like doing it.

Expectations of convenience are some of the easiest to tap into, so practice taking them to extremes. Channel your inner brat and point out everything that is wrong with this situation and why it should all be changed to make *your* life easier.

## Expectations of Agreement

Agreement expectations relate exclusively to opinions, values, judgments, perspectives, preferences, and points of view. They show up primarily when you have interactions with other people in your story. If your story doesn't involve a dialog with another person, there may not be any active expectations of agreement in the story.

Agreements in a contractual sense (i.e., expectations of behavior) are expectations of **compliance**.

In every situation, you expect that everyone should agree with each other. You unconsciously expect that everyone shares the same opinions, perspectives, ideas, values, and point of view. You also unconsciously expect that your opinions, perspectives, ideas, values, and point of view is objectively right, so you expect other people to agree with you in all things.

In practice, the first person to express an opinion, perspective, idea, or value sets the stage, and then you unconsciously expect agreement with the expressed opinions. If you set the stage, you expect others to agree with you. If someone else expresses their opinion, you expect that you have to agree with their opinion or value even if it doesn't align with yours.

Literally everything about the expectations of agreement is unreasonable. If everyone was meant to have the same preferences, Baskin Robbins would have only one flavor of ice cream.

## Expectations of Compliance

Expectations of compliance involve the expectation that other people will do the things that you want or ask them to do. You expect that other people will follow the rules, obey the laws, and respect boundaries and agreements in the same ways and to the same degree that you do.

Expectations of compliance also mean that you expect that you must do what other people ask or expect you to do, and that you must follow the rules, obey the laws, and respect boundaries and agreements to the same degree that other people do.

These expectations flow in two directions (other people do what you want, and you do what other people want) and **you must explore both** when questioning your expectations of compliance.

**Expectations of compliance are what make it so uncomfortable to say “No,” when someone asks you for a favor.**

## Expectations of Approval

Expectations of approval are some of the most subtle and powerful expectations. On the surface, they relate to the expectation that you will receive validation, love, and appreciation. Expecting validation, love, and appreciation is not unreasonable because you're more than capable of meeting your own validation needs and experiencing the vibration of the Universal Love that surrounds you. What's unreasonable is to expect that you will receive validation from other people.

Approval, validation, love, and appreciation are so valuable that just the expectation of approval—the belief that you will receive a deposit in your Validation Need Account—is enough to make you ignore the withdrawals from your Safety Need Account caused by your expectations of convenience, agreement, and compliance. We unconsciously expect that we will be validated, recognized, and appreciated for the lack of convenience, agreement, and compliance that we have had to endure. This expectation of approval means we're willing to put up with uncomfortable (and even unsafe) situations for extended periods of time.

The problem is that the expected approval never shows up.

Expectations of approval are investments in future anger and resentment. Rather than experience the minor discomfort of your CACA Expectations, you bank that resentment and let it build up over time, expecting that it will be cleared by a big deposit in your Validation Need Account. When your expectations of approval reach the point that they're completely unreasonable and you realize that approval will never happen, the accumulated resentment (plus interest) expresses as the energy of anger.

This is only a problem if you haven't mastered your anger.

Once you master your anger, the energy of anger is a *good* thing. You can separate the energy from the story (because it's never about what it seems to be about) and then use that anger in creative, constructive ways.

But until you master your anger, your expectations of approval will generate uncomfortable levels of anger that may cause you to react using force rather than to respond using power.

When you question and explore your expectations of approval, you may be surprised to discover how much anger and resentment they contain. Remember that most of that anger and resentment is related to the other CACA Expectations. You can diffuse that anger by clearing your expectations of convenience, agreement, and compliance.

## CACA Expectations Process

Use the worksheet on the next page to question and clear your CACA Expectations.

# CACA Expectations Worksheet

**T**his process will help you become aware of your unconscious CACA Expectations. Think of a recent situation where you experienced annoyance, anger, frustration, or resentment. It's best if you choose a situation where your emotional response was mild and the situation was not a big deal. **Choose a self-contained situation rather than an experience that relates to a larger story or an ongoing issue.**

Refer to the previous pages for guidelines about each of the CACA Expectations. Remember that it doesn't matter if the expectations were met or not: **the truth is that the expectations themselves are unreasonable.**

You may not be willing to accept this truth. Your current reality may be that your expectations are reasonable. **If you can convince yourself that your expectations are reasonable, you have not fully explored them or taken them far enough.**

Use your **Practical Prosperity Journal** to complete this exercise.

## **Go to the room in the center of your head and check the reading on the Neutrality Meter around this story.**

If the Neutrality Meter points to the left (Avoid & Resist) you can clear your CACA Expectations about that story. If it points to the right (Attachment) you need to choose another story for this exercise.

1. **Briefly describe the story, but don't censor it. Acknowledge your feelings, including any judgments, anger, frustration, or resentment. Do your best to avoid judging your feelings.**
2. **What were your expectations of CONVENIENCE in this situation? Were they met?**
3. **What were your expectations of AGREEMENT in this situation? Were they met?**
4. **What were your expectations of COMPLIANCE in this situation? Were they met?**
5. **What were your expectations of APPROVAL in this situation. Were they met?**
6. **Were any of your expectations reasonable? Why or why not?**
7. **If you believe an expectation was reasonable, go back and explore it again. Dive in to that expectation and let yourself see how big it really is, and then repeat Step 6.**
8. **Go back to the room in the center of your head and take another reading on this story with the Neutrality Meter. How does the new reading compare to the original reading?**

# Week 5 Book Study & Contemplation Questions

**S**pend a few minutes each day reading the assigned chapters for the week. When you've finished reading the chapters, take some time to contemplate these study questions. Answer the questions in your Practical Prosperity Journal. Give yourself time to journal about anything that may come up for you around the questions, the assigned chapters, or the class material.

## **Anger**

### ***Anger Mastery Chapter 7***

1. How often are you aware of experiencing anger in your life?
2. How much of the anger that you experience comes from frustration or impatience? Do you find yourself getting angry or cranky when you're tired or hungry? How are these experiences different from your other experiences of anger?
3. Consider the difference between being angry and feeling angry. Think of examples of both, and consider how the two experiences felt. Which felt better?
4. Could you move from being angry to just feeling angry the next time you experience anger? (Hint: Use the Present Moment Awareness Safety Meditation). Why or why not?
5. When you look at your expectations and judgments about others, can you see how you are angry at them for what they are not, instead of what they are? Give some examples. Can you recognize the underlying judgment that they should be something else? Is it true?

## **The Busting Loose Process (Questioning Your Story Part 2)**

### ***Busting Loose from the Money Game Chapter 10***

Chapter 10 introduces the "Busting Loose Process." Read the chapter carefully, and experiment with the process as it is outlined. Make sure you adjust the language so that you deny the **truth** of your experience, and not the **reality** of it. **Everything you create in your "little r" reality is real. It's just not automatically true.**

After experimenting with the Busting Loose process, choose another story in your reality and apply the tools you've learned so far in this class:

1. Play "Who's Business Is It?"
2. Question your CACA Expectations (Convenience, Agreement, Compliance, Approval)

How are these two approaches to questioning your story different for you? Is one easier than the other?

### ***Busting Loose from the Money Game Chapter 11***

Perhaps the most important concept in this chapter is on page 124: **You can't judge a creation, reclaim power from it, and collapse its pattern simultaneously. It's simply not possible.**

This is because when you judge your "little r" reality, you are telling yourself that it's *true*.

When you question your story, you must let go of all attachments to an outcome. To reference *Busting Loose from the Money Game*, you need to reclaim your power from the Easter Egg for the sake of reclaiming the power, and for no other reason.

Does this make sense to you? Do you feel that this is something you can do, yet?

## **Taking Action in Your Current Reality**

### ***The Science of Getting Rich Chapters 11 and 12***

The key point in this chapter is that you must begin the process of creating your prosperity **Right Here and Right Now**. You must take action from your current circumstances, but not from your current level of consciousness. You must question your story, elevate the Truth Quotient, and take action from a cooperative and creative vibration rather than from a competitive one.

1. How might this look for you right now? Can you identify situations in your life where you can raise your vibration and change the energy behind your actions?
2. Consider the actions you are taking to create changes and prosperity in your life. Are they coming from a cooperative consciousness or a competitive consciousness? Discuss.

## **EXERCISE: Discover Your Judgments About Money**

**Congratulations! You are now rich beyond your wildest dreams! You woke up this morning and you have all of the money you've ever wanted. So now what?**

1. How will being rich change your family relationships?
2. How will being rich change your friendships?
3. How will being rich change your romantic relationships?
4. How will being rich change your professional life? Will you keep your job? If not, what will you do with your time?
5. What will people expect from you now that you're rich?
6. What will people feel entitled to because you have all of that money just lying around?
7. How will having all of that money change you?

## **DAILY SPIRITUAL PRACTICES WEEK 5**

**Spiritual Reading/Journaling**

**The List**

**Grounding Meditation**

**Present Moment Awareness Safety Meditation (Morning & Evening)**

**Gratitude**

