



Silent Unspoken Expectations A Relationship Killer (another of Kathy's musings)

Silent, Unspoken Expectations (SUEs): We've all experienced them in one form or another, like a cancer that slowly deteriorates the fiber of relationships.

A typical scenerio may go something like this: "I wonder if she expects me to return the "favor?" If I don't, will she hold this over me until I reciprocate?" "I suppose they expect me to attend that event. What will they think if I don't show up?" "Does this "gift" come with strings attached? Do I now "owe" him?"

Subsequently, these thoughts lead to two common responses.

As an example, let's say Mary is sensing some SUEs from her friend, Linda. Her first option is compliance, to avoid conflict. Outwardly, Mary is responding to the SUEs but inwardly, growing to resent Linda.

The second option for Mary is to ignore the expectation and pretend she didn't notice. Although outwardly Mary appears calloused and unfeeling, inwardly she feels guilt and then resentment at being manipulated. Linda, in turn, will pick up on this and feel hurt and not valued.

Both roads lead to deterioration of the relationship. Both options cause Mary and Linda to feel bitterness toward the other. The alarming thing about this destructive interaction is that the foundation of their relationship is eroding away, yet **not a word has been spoken between the two friends!**

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Praise God with Us!

- ♣ The merciful Lord protected Betsy from 'what-could-have-been' a serious horse accident. She is healing quickly, nearly back to normal and a week after the accident, rode in her last show of the season!
- ♣ Julie & Betsy passed their last exam toward earning their Bachelor's degree! They have been doing course work intensely from home and will have earned their BA in 2 years! We are proud of them!
- ♣ Neil gathered with colleagues from other independent ministries like ours at the IFM (Int'l Fellowship of Ministries) annual conference, which is always encouraging.
- ♣ Kathy & Neil were invited to the 'Pastors & Wives Escape' at Cedar Springs Conf. Center in Sumas, WA. We made new friends and spread the word about what we do for ministers and missionaries.



Neil attended the Seattle 'Boats Afloat' Show

None of us likes to play the game of guessing what the **Silent Unspoken Expectations** of another person are - we are guaranteed to lose every time! How can we avoid this destructive habit? By making the expectations spoken, both parties can discuss them and make adjustments in the lights of reality.

I have been watching myself to see how often I project 'SUEs' toward others. Am I doing this toward my husband? Many marriages problems could be avoided if expectations were spoken and discussed! Do I have SUEs toward other family members? What about co-workers or those who work under me? Am I communicating my expectations openly so there is no guesswork or misunderstanding?

SUEs are usually unconscious attempts to manipulate another person. Why do I want to manipulate? What am I trying to get from other people? Is it something I ought to receive from God, such as affirmation or value?

Relationships are rich treasures that I can nurture and bring life to or something I can destroy simply by holding onto unexpressed expectations. I intend to sow love and encouragement into my relationships and avoid those deadly unspoken expectations that kill, steal and destroy!

We would be encouraged to hear from you:

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360-301-3937 (Kathy)



Julie & Josh

Betsy's face wound almost healed

Practical Needs:

- ♣ FoodSaver food storage system for preserving fish, berries, veggies, etc. for our many guests.
- ♣ Tea, tea, tea... lots of tea, all kinds of tea
- ♣ Anybody like to bake? We (and our guests) would be blessed by having cookies, muffins, cakes in the freezer! ☺



NEWS...NEWS...NEWS...NEWS

Beginning Nov 4th, we will begin having a one day/week office location in Bellingham, WA for those wanting healing prayer ministry in the area. Feel free to contact us if you desire prayer ministry yourself or want more information for a friend. We will continue hosting private Healing Retreats at our home on Whidbey Island.

Tax-deductible donations may be made to:

Noble Maritime Ministries
PO Box 1224

Anacortes, WA 98221

or with PayPal online at

www.noblemaritime.com

