

### Volume 3 – Day 31: The Bars of My Own Prison

The ultimate in frustration is to create unattainable goals or unrealistic expectations. It is our expectations which are not met that send us into fits of anger and animosity. Imagine your expectations of others as the bars of a prison which separate you from them. Also consider how awful your expectations of yourself, which cannot be realized, make you feel. You may place greater expectations on yourself than God does. Only you can take them down. You made them!



**EXPECTATIONS / MY RIGHTS**

- Bars that separate me from you
- Bars that I created
- Bars fabricated of my opinions
- Bars as strong as I choose
- Bars you cannot remove
- Bars you may not know exist
- Bars that are based on culture
- Bars which keep me from what I want most in life
- Bars of relationship separation
- Bars that GOD HATES
- see also: 10 Commandments

Freedom from aggravation, animosity and self-loathing is only a few bars away! The saw for bar removal is the choice to accept others “as-is.” Just be yourself and let others be themselves.

My Confirming Scripture: My Aligning Experiences: