

## High Three - Unit Three - Summary

In this reading, we are going to discuss the difference between hope and expectations that are related to the very personal feelings of a human being. Every individual experience both of them, but there are some significant differences. Hope is a positive feeling which originates from within. It is related to one's desire that something should happen. The expectation is also a similar desire, but most of the expectations depend on others to get fulfilled, unlike hope. Hopes are considered healthier than expectations; In the next paragraphs, we will segregate these two concepts by some real examples.

Dan Jansen is One of the greatest speed skaters who didn't reach the Olympic medal until his fourth Winter Olympic Games at Lillehammer in 1994. After leaving his past three Olympics with no medal, Jansen had one final shot in the 1,000m, his last Olympic race. Jansen was on the world-record pace when he once again slipped. He regained his balance and cruised on to a new world record time, finally earning the Olympic gold medal.

As another example, imagine two of your friends, who are film-buff, describe how beautiful reissued Star Wars is built, especially its visual and audio mixing enhancements. It is reasonable to expect a fantastic movie with all of these descriptions, but when you watch it for the first time eagerly, it doesn't turn out what you were expecting. They described what they loved about the movie, but you disagree and find nothing special about it!

The origin of all the above examples goes back to a specific term called "the expectation syndrome" or the false hope syndrome, which means that the situation doesn't turn out as what people expect. For example, your favorite athlete is in a match, and according to his gold background, you expect him to win, but he loses!

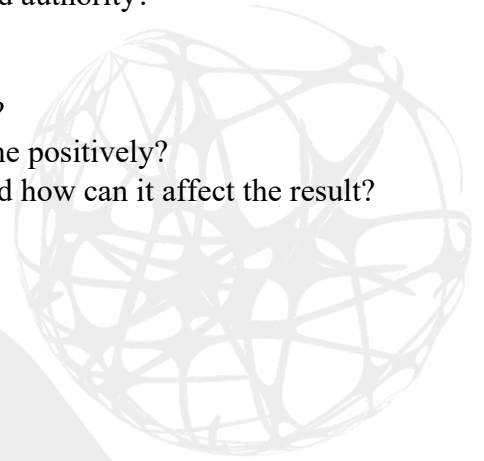
Looking for a scientific answer for this negative expectation response, we could refer to a medical term called "focal dystonia." Focal dystonia is a neurological condition that affects a muscle in a specific part of the body, causing involuntary movements and abnormal postures. For example, when an athlete focuses too much, it would cause brain dystonia, and instead of controlling the action, the athlete would lose his control over the game, which is the main reason for losing the game.

Finally, the substantial negative or positive impact of our way of thinking in our life is evident for everyone nowadays. As a famous example, our tendency to see the glass as half empty or half full relates directly to the concept of positive thinking and whether you have a positive or negative outlook on life. Thus, try to be an optimist most of the time, and instead of expecting something, try to hope for it!



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- 1- Why was the last competition of Jasen so stressful?
- 2- Why was it the last Olympic match for Jason?
- 3- Why didn't Jason get any medal on the first day of the races?
- 4- Is it good always to cast fate to the wind?
- 5- Is casting fate to the wind in contrast with human will and authority?
- 6- What is so admirable about *Star Wars*?
- 7- Does losing a match mean unfulfillment of yourself?
- 8- How can expectations control the outcome of a situation?
- 9- How can focusing on the proper goals change the outcome positively?
- 10- What is the difference between hoping and expecting, and how can it affect the result?



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