



Emotional **ELEVATION** **WITH KADY JACOBS**

Sensitivity to Unmet Expectations Assessment

Instructions: Rate how true each statement feels for you when expectations (spoken or unspoken) are not met in personal or professional relationships. Use the following scale:

Rating	Description
1	Not at all true
2	Slightly true
3	Moderately true
4	Very true
5	Extremely true / Always true

- ___ 1. I feel emotionally flooded or overwhelmed when someone doesn't follow through on what they said.
- ___ 2. I often replay unmet expectations in my mind, trying to understand what went wrong.
- ___ 3. When expectations aren't met, I quickly assume it means I'm not valued or respected.
- ___ 4. I struggle to express disappointment directly and tend to withdraw or shut down instead.
- ___ 5. Even small unmet expectations can feel like a big betrayal to me.
- ___ 6. I find it hard to adjust or reframe when things don't go the way I envisioned.
- ___ 7. I often expect others to "just know" what I need without me having to say it.
- ___ 8. When someone lets me down, I question the entire relationship or their character.
- ___ 9. I feel a strong urge to confront or correct others when they don't meet my expectations.
- ___ 10. I carry unmet expectations from the past into new relationships or situations.

Interpretation Guide

- **10–19:** Low sensitivity – You tend to be flexible and resilient when expectations aren't met.
- **20–34:** Moderate sensitivity – You may feel disappointment but can usually process it constructively.
- **35–50:** High sensitivity – Unmet expectations may trigger deeper emotional responses or relational patterns that could benefit from reflection or support.