



Managing Unrealistic Expectations

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F*CK IT!



Why?

- ▶ Happiness addiction
- ▶ Health (physical and mental) is at risk
- ▶ Cycle, cycle, cycle
- ▶ More, more, more
- ▶ Default – do more and do it now

Myth or Reality?

- ▶ “Everyone must like me”
- ▶ “I am human”
- ▶ “Balance can be found”
- ▶ “It is ok to say ‘no’ “
- ▶ “ I need to be strong”
- ▶ “I should do something about this”
- ▶ “I want to be a better version of myself”
- ▶ “It is ok, to be vulnerable and make mistakes”
- ▶ “The world should be fair”



The biggest unrealistic expectation?

- People shouldn't have unrealistic expectations.
- Unrealistic expectations are a part of the human experience!
- So is human suffering, failure, and disappointment.

What this is
not about:

Blame game

Learned helplessness

Quick fixes

Defenses

What this *is*
about:

Personal responsibility

Restoring balance

Facing uncomfortable truth

Radical acceptance

Vulnerability

Resiliency

Areas of Unrealistic Expectations

Career (employer, employees, customers, stakeholders, volunteers, and clients)

Relationships (wedding vows, “happily ever after”, parenting techniques)

Self (shame, guilt, to-do lists, “but others are doing it all”)

Sources of Stress

Choices and dilemmas

Unknown and uncertainty

Lack of control

“DO MORE WITH LESS AND GET THAT DONE TOMORROW”

Breaking News!

We are increasingly unhappy.

Why is this?

**Our expectations of reality exceed
our experiences of reality.**

Expectation Gap

Imagination gap

Relational gap

Past experience gap

Our happiness is determined by expectations. Our expectations is determined by our imagination, our comparison, and our past experiences- Nat Ware

Signs you are dealing with unrealistic expectations

“Should” statements

“Others are able...”

“I am not enough”. “You are not enough”.

“I need more”

“BUT”

“Try harder. Aim Higher. And read my mind”.

“What’s wrong with you? What’s wrong with me? And the world?”

“I do not have time for this”

“I AM BUSY”

Remember: stress is contagious

Now how do I actually manage?

AWARENESS!

Stop the glorification of busy

Believe in RESILIENCY

Limits and boundaries

Lead by example

Learn by example

Speak up

Let go of control = rely on others

Keep it simple

Subtract, don't add

Beware of physical and psychological symptoms

Empathize with yourself and others

rightthinkinc.com

and More:

Say "no"

Avoid people
pleasing

Avoid "just
one more
thing"

Manageable
to do list

Multi-tasking
caution

Make
decisions

Work on long-
term goals

Organization
is a key

Have fun

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“If we can share our story with someone who responds to empathy and understanding, shame can’t survive”.

-Brene Brown

