



# Managing Unrealistic Expectations

VERA VOROSKOLEVSKA, MSW, RSW, PHD. CAND.

RESTORE BALANCE

[WWW.RESTOREBALANCE.CA](http://WWW.RESTOREBALANCE.CA)

VERA@IWANTBALANCE.CA

416-834-5922

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:

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Blame game

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Learned helplessness

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Quick fixes

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Defenses

What this *is*  
about:

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Personal responsibility

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Restoring balance

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Facing uncomfortable truth

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Radical acceptance

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Vulnerability

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Resiliency

## Areas of Unrealistic Expectations

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

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

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



# Sources of Stress

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Choices and dilemmas

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Unknown and uncertainty

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Lack of control

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**“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

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Imagination gap

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Relational gap

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Past experience gap

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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](http://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

