

Are you a

Wishful Thinker?

A wishful thinker decides how the world or a person should be, and hopes that the world or the person will miraculously change to fit their needs. More often than not, they will use wishing thinking to will these changes instead of taking positive action to make their daydreams a reality.

Wishful thinking occurs in many areas, including relationships, children, riches and fame, and career. Here are some examples:

Relationships

- Are you marrying someone who you believe you can change, or you believe will change after the wedding?
- Are you feeling depressed because you've told your partner repeatedly how you feel and how you would like them to improve, but they never do?
- Do you go to great lengths to make certain events happen the way the other person would want them, but then you find out that is not what they wanted and they are upset?



When you find yourself wanting a family member, partner, or friend to change a major aspect of their personality, you are using wishful thinking. While it is acceptable to talk to them about your concerns, **expecting them to change because of things you have expressed to them may result in disappointment.**

If they are not willing to do what you ask of them and you find yourself nagging at them constantly, it's time to make some decisions to move forward. You can either accept them for the person they are, seek help for yourself, or make plans to end the relationship.

Children

- Do you want your child to be some other way, perhaps more extroverted?
- Do you want your teenager to be more like your friend's teenager?
- Do you want your adult child to get on with their life?

Children are who they are. We cannot make them into something else or change their personalities.

As long as your adult child is earning a living, and taking care of themselves, they are fine. If not, you need to make some choices on how to encourage them to be more responsible. For example, give them options such as find a job, pay rent or get their own place, or go to school. They may need help in getting a resume together or looking for a job, but if they are willing, you do not have a problem.

However, if one of these options is not carried out, you may ask them to leave. Remember, encouragement will only work if you stick with the conditions you laid out for them.

Riches & Celebrity

- Do you feel if you buy enough lottery tickets, you will eventually win?
- Do you just know you will someday become famous?

You can spend a lot of time imagining how your life is going to be without being willing to do what it takes to get there. Wishful thinking can be a poor way of making decisions. Making goals and working towards them are how wishes become reality.

Career

- Do you hate your job, but feel that it's going to get better?
- Do you feel your job would be better if your boss, colleague, or assistant would leave?
- Do you think if you stay at your present job long enough, things will get better?

You can make all kinds of excuses not to look for another job, go back to school, or ask for a change in departments. You want to leave but your job pays a pension, and you have a family, a dog and mortgage payments.

The first task is to get a resume together. The second is to learn how to effectively job search, by using job search engines, signing up with a placement agency, attending job fairs, or even networking in your field.

If you have difficulty in interviews, you must learn how to be more confident in front of other. Toastmasters is one way to do this.



The next step is to do it.

You can't change anyone else. The only one you can change is yourself.

When you are ready to make changes, you will need support.

Friends and family are resources to rely on.

**If you need guidance or insight to address your wishful thinking,
consider professional counselling and contact your EFAP.**

YOUR LOGO HERE

For confidential assistance
Brown Crawshaw 1.800.668.2055
www.browncrawshaw.com