

HOW ABOUT PEOPLE EXPECTATIONS

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Abstract

This paper presents some aspects regarding expectations compared to realistic thinking. Most of the people live in a dream world or something close to it. Reality often has become a wish, just to find out that there are different realities, some pleasant others less pleasant but they form our way of thinking. This paper is an analysis of the events that make us more critical, make us lose our innocence, make emotional thinking more difficult and turn us into much more pragmatic individuals; if the disappointments do not totally disillusion us and turn us into opportunistic and sarcastic individuals. Wellness expectations are related to hope. Hope for a fair treatment, fair job and fair job review; however this is not always the case. The bad news is hope alone solves nothing, but contribution most everything. The good news is, bad health aside, that we really can live well with fewer expectations, more realistic thinking, and more focus on solutions. Therefore the willingness to participate in a world of competing for practically everything is based on the drive and the effort we put in.

Keywords: expectations; hope; realistic thinking

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