Renewing prospects in the end of long-term project

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Prospects

• Thinking about the future
  • Human beings: Homo Prospectus?
    • Martin Seligman, Peter Railton, Roy Baumeister and Chandra Sripada
    • Andrew Macleod
  
• Eg. Memory exists in order to help us to navigate our way in the present and into the future

• Future personal events are rated as more important, personally significant and positive than past events
Past – Present - Future

Past never influence directly to the future.

Past influences to the present evaluation
past

assessment
Present

Prospects

future
Why does prospection matter?

• Great adaptive value
• Avoiding ---- Approaching
  • Negative Affect ---- Positive Affect
• Changes in anticipation
  • Sensitive to mood
Thinking about the future

• Optimims and pessimism
  • Expect good things to happen vs expect bad things to happen

• Two distinct ways that prospection goes wrong for our emotional well-being
  1. Unreasonably preoccupied with aversive things that might happen to us in the future
     "my life has been full of misfortunes, most of which have never happened"
        Mark Twain
  2. Lack of positive thoughts about the future
Goals / long-term project

• Goals and well-being
  • Goal achievement does matter for well-being, but not as much as having a goal and feeling that one is progressing towards it
    • Sense of progress

• Self-determination? → internal motivation
  • Autonomy
  • Competence
  • relatedness
Why optimism?

"rat race / treadmill"
Present negative, but in the end of the project it will be positive
...now is not enough, but in the future ...”

"optimism / happiness"
now: even small positive things helps
future: current positive progress ensure positive future

Both the journey and the destination are positive

"pessimism"
"now: negative prospects"
"the future will be the same negative"

"hedonism"
"only present moment is important"
"no worries"

"dreaming"
"someday I will…”"
"hopelessness/despair"

Thoughs: what I have not done, I can’t to do or have not learned?
NO skills or competencies + Belief of incompetence

Learning history

Negative situation assessment and prospects

"problem circle"

"no activity" → negative action → negative emotions

"no use/worth"

Learned helplessness

Pathways and tools

Target/goal
Achievement/approaching
-avoiding
→ What I do not want to have?

NO skills or competencies + Belief of incompetence

"no activity" → negative action

Pessimistic thinking

"no use/worth"

Negative emotions

Negative

"no activity"

Passive waiting:
no actions to resolve the situation

Confidence to own competence

Tavoite - Saavuttaminen - Välttäminen
Target/goal - Achievement/approaching
-avoiding
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→ What I do not want to have?
"rehope/ renewing prospects"

Thoughts:
How I have learned?
Have been successful?

"Lost" ways and skills found again + Compensatory and new positive self confidence And competencies

Optimism ja Resilience development

Small steps → Expanding the view

"small progress is enough"

Positive emotions

Psychological capital

Positive prospects

Target/Goal
- Achievement, approaching
- Avoiding
- What I Want?

Self-efficacy
- Self-reliance
- Self-regulation

Renewing prospect with positive way
Optimism

Making the future: Actions

Learning history