



WHEN EXPECTATIONS ARE MAKING US MISERABLE

By PIERRETTE DESROSIERS M.Ps.

Work psychologist, conference speaker, work coach

Laurence and her husband Antoine spent their entire childhood on farms in Guadeloupe and Martinique. Today, they live in Paris. Recently, my husband and I hosted them for several days.

During one of our discussions about our differences, Laurence mentioned that what surprised her most about the French was their negative reaction to a challenge. After the storm of 1999 that caused significant damage in France, Laurence was stunned to see people in tears, completely discouraged in the face of the material damage they had suffered.

“In the Antilles,” she said, “there are tropical storms that devastate almost everything. People don’t cry. They push up their sleeves and rebuild, that’s all. Some people have to rebuild every year. It’s part of life. We are happy when there are no deaths.”

Laurence’s childhood was what we here would consider a difficult one. Her mother didn’t want her and gave her to her grandmother. Her father, an alcoholic, had no concern whatsoever for the affairs of this world. She had very little education. She could be full of self-pity for her lot, but this is not the case. “My grandparents gave me a lot of love and that’s what matters. As far as the rest, I don’t look back. I look forward. It’s not worth crying over what we have lost or what we did not have. We have to ask what we can do for the present and for the future.”

The Antillean attitude toward life is very different from ours and those of several industrialized countries. No-one there commits suicide when they lose their house. These people accept the things they cannot change. They have realistic expectations.

Expectations set the stage for misery and frustration. If we did not have expectations (which is impossible) we would never be frustrated, disappointed or depressed. Unfortunately, not only do we have more and more expectations, but they are always bigger and bigger. They become requirements.

- ❖ We want to produce more and more milk, with fewer and fewer cows. If it rains on the hay, it’s a catastrophe.
- ❖ We want our spouse to make us happy. If not, we leave.
- ❖ We want our children to follow in our footsteps. If not, life is a failure.
- ❖ We want to obtain a certain return on our investments.
- ❖ We want our adolescent to make her bed every day.
- ❖ We want to be loved, recognized, valued, appreciated and respected.



Pierrette Desrosiers
PSYCOACHING

Pierrette Desrosiers, M.Ps.
*Work psychologist
Conference speaker
Work coach*

Email: pierretted@lincsat.com
www.desrosierspsycoaching.com

☎ 819 849-9016
☎ 819 849-9421

849, Rang 10
St-Hermenegilde, QC
JOB 2W0

And the list goes on.

All unmet expectations (be they big or small) turn into frustration, disappointment, depression and sometimes suicide.

Take a good look at your expectations, because if you think they are essential to your happiness, you are creating misery. Change your requirements into preferences and you open the door to your wellbeing, and that of those around you.

If you have any comments or suggestions to share, please contact Pierrette Desrosiers.

Issued on the Canadian Farm Business Management Council's web site – January 2009



Pierrette Desrosiers
PSYCOACHING

Pierrette Desrosiers, M.Ps.
*Work psychologist
Conference speaker
Work coach*

Email: pierretted@lincsat.com
www.desrosierspsycoaching.com

☎ 819 849-9016
☎ 819 849-9421

849, Rang 10
St-Hermenegilde, QC
JOB 2W0