



Real-Life Wish Categories

Dawna Daigneault, Ed.S.

Each Real-Life Wish category is a starting place to make new life-affirming choices.

1. **Connection Wishes**, these help us invite others into a mutually respectful relationship that can become trustworthy, over time. Who can you start talking to, safely?

"An isolated, depressed person can slowly die on the vine, believing the world is better off without him or her (or that that person is better off without the world). Thoughts of death coupled with intense negative emotion are two of the most dangerous aspects of depression. A person who keeps meaningful connections with others stays connected with life. He or she can visualize the future, making plans to keep on living and stay out of harm's way." -Erika Krull (<https://psychcentral.com/lib/social-support-is-critical-for-depression-recovery/>)

2. **Congruity Wishes**, these help us stay true to ourselves with awareness, honesty, and courage. What do you already know about your personal strengths?

"Rogers believed that people are inherently good and creative. They become destructive only when a poor self-concept or external constraints override the valuing process. Carl Rogers believed that for a person to achieve self-actualization they must be in a state of congruence." - Saul Mcleod (<https://www.simplypsychology.org/carl-rogers.html>)

3. **Creativity Wishes**, these help us express and share who we are and what we value. How do you have fun? What do you remember creating that made you feel alive?

"Repressed creativity can express itself in unhealthy relationships, overwhelming stress, severe neurotic or even psychotic behavior, and addictive behaviors such as alcoholism. But perhaps the most insidious and common manifestation of repressed creativity in women is depression." -C. Diane Ealy, Ph.D (The Woman's Book of Creativity)

4. **Compassion Wishes**, these help us feel love for ourselves and others, even when some people can't give it back. What is one self-care action you can start trying?

"...that loving ourselves is inherently dependent on those around us. We may not struggle with appreciating our easy to love side, our positive traits, and good characteristics, but we all likely struggle to love our flaws and weaknesses. This is where the care and compassion of others can open us up to the possibility of loving even the most unlovable aspects of ourselves." -Ken Page (<https://positivepsychology.com/self-compassion-exercises>)