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WELLBEING QUICKSTART

The Arrival Fallacy

Are You Delaying Your Happiness?

In a status driven world, most of us have a bias towards striving to achieve material goals and success. Having goals in life can be a good thing, but too much of a good thing can become a bad thing! When we become over-focused on our future goals we cannot joyfully 'accept' the present moment. When we are 'grasping' for our desired future state we delay our happiness and instead feel more stressed, anxious and/or frustrated. When this happens, we have fallen victim to the 'The Arrival Fallacy'.

'The Arrival Fallacy' occurs when we defer our happiness into the future dependent upon achieving some sort of big goal or ideal state. Consider the following statements typical of people caught up in The Arrival Fallacy:

- *I just have to get through this meeting...*
- *I'll feel better when I reach the end the day / week / term...*
- *I'll get fit over the summer break....*
- *Only a few years left until I retire....*
- *I'll make up the time lost with my family during the holidays...*



I work with a lot of stressed teachers, and The Arrival Fallacy is an unhealthy, yet normal phenomena given the heavily calendar-based schedules of schools. The regular occurrence of school holidays paradoxically makes their tendency to over-work during the term even more likely. We can break the spell of the Arrival Fallacy by building high frequency habits and support systems to keep focused on our wellbeing and personal happiness even amidst very high workloads. Practicing gratitude, daily meditation and using the 60 second pause every couple of hours along with regular magic moment photo reflections are great ways to bring joy into the present moment and avoid the curse of The Arrival Fallacy!