

FALLACY OF CHANGE

When your own peace gets made conditional on somebody else changing.

IN PLAIN ENGLISH

"I would be happy if they would just change."

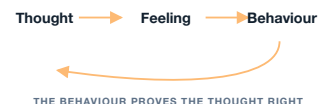
How long have you been waiting now?

Change the one person in the room you can actually control. That is taking the keys back.

THE CLINICAL NAME

Fallacy of change

Locating the control for your wellbeing in another person's behaviour. Effort goes into pressure, persuasion and management rather than into anything you can complete alone. The relationship strains under being asked to do a job it cannot do, and the wait continues.



HOW IT RUNS *Waiting years for a family member to soften*

THE VERDICT

THE NEXT STEP

THOUGHT	"Once he apologises, I can move on."	"He may never apologise. What do I do with that?"
FEELING	Stuck, hopeful, disappointed on a cycle.	Sad, and no longer waiting on a signature.
BEHAVIOUR	Drop hints. Test him. Rerun the same conversation.	Decide your own boundary and live inside it.

THREE TOOLS

- 1 Name the wait.** How many years have you given this? Say the number out loud.
- 2 Take back one key.** One thing your happiness currently depends on them for. Reclaim it.
- 3 Ask once, plainly.** Then stop asking. Requests work; campaigns do not.

A MUSLIM LENS

Waiting for a relative to become who you need before you will let the relationship, or yourself, breathe.

Guidance is not yours to give — You are not the one who turns a heart. That was never your role.

Şilat ar-raḥim regardless — Maintain the tie without conditions attached to their behaviour.

Then du'ā' instead of pressure — Ask for them in private. It is the one lever that was actually offered.

You were made responsible for your conduct, not for their transformation.

THIS WEEK Name one thing you are waiting on someone else for. Do the version of it that needs only you.

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