

a hundred sweet promises

Book Concept: A Hundred Sweet Promises

Logline: A captivating exploration of the psychology of promises, examining how we make them, break them, and the lasting impact they have on our relationships and selves.

Target Audience: This book appeals to a wide audience, including those interested in psychology, self-help, relationships, and anyone who has ever struggled with broken promises, both given and received.

Storyline/Structure: The book will blend narrative storytelling with insightful psychological analysis. Each chapter will focus on a different type of promise - romantic promises, familial promises, professional promises, self-promises - using real-life anecdotes, case studies, and scientific research to illustrate the complexities of commitment and expectation. The narrative thread will follow the journey of a diverse cast of characters whose lives are intertwined by a network of promises made and broken, ultimately revealing the transformative power of honest self-reflection and mindful commitment.

Ebook Description:

Are you tired of feeling let down? Do broken promises leave you feeling betrayed and disillusioned? We all make promises, both big and small, but the impact of a broken promise can ripple through our lives, damaging relationships and eroding trust. "A Hundred Sweet Promises" delves into the psychology behind our commitments, revealing why we make promises, how we break them, and how to cultivate a more honest and fulfilling life.

This insightful and engaging book, by Dr. Evelyn Reed, Ph.D., will help you:

Understand the psychology of promise-making and -breaking.

Identify the patterns and triggers that lead to broken promises.

Develop strategies for setting realistic expectations and keeping your commitments.

Strengthen your relationships by fostering trust and open communication.

Cultivate self-compassion and forgiveness when promises are broken.

Contents:

Introduction: The Power of Promises

Chapter 1: The Psychology of Promise-Making: Exploring motivations and intentions behind promises.

Chapter 2: The Anatomy of a Broken Promise: Unpacking the reasons behind broken promises.

Chapter 3: Promises in Romantic Relationships: Navigating the complexities of commitment and expectation in love.

Chapter 4: Promises in Family Dynamics: Understanding the unique dynamics of familial promises.

Chapter 5: Promises in the Workplace: The role of promises in professional success and collaboration.

Chapter 6: The Power of Self-Promises: The importance of self-commitment and self-care.

Chapter 7: Healing from Broken Promises: Strategies for moving forward and rebuilding trust.

Chapter 8: Cultivating a Culture of Promise-Keeping: How to build stronger, healthier relationships based on trust.

Conclusion: Living a Life of Authentic Commitment

Article: A Hundred Sweet Promises: Unpacking the Psychology of Commitment

SEO Keywords: broken promises, psychology of promises, commitment, relationships, trust, self-commitment, forgiveness, self-compassion, mindful commitment.

Introduction: The Power of Promises

Promises are the bedrock of human connection. From the whispered vows of lovers to the casual assurances exchanged between friends and colleagues, promises shape our expectations and interactions. They represent a commitment to the future, a pledge to act in a certain way. However, the power of a promise lies not only in its making but also in its keeping. This exploration delves into the psychology of promises, examining the factors that influence our ability to fulfill them and the profound impact of broken promises on our lives. This article will unpack each chapter of "A Hundred Sweet Promises" in detail.

1. The Psychology of Promise-Making: Motivations and Intentions

The act of making a promise is complex. It involves a confluence of motivations, intentions, and perceived capabilities. We make promises to express affection, gain trust, secure resources, or simply to avoid conflict. Understanding these underlying motivations is crucial in understanding why promises are sometimes broken. Research suggests that promises made under pressure, out of a sense of obligation, or without a genuine intention to follow through, are significantly more likely to be broken. Individuals with low self-esteem or a history of broken promises may also struggle to keep their commitments. This chapter analyzes different motivations for promise-making and highlights how self-awareness is crucial for making honest and realistic promises.

2. The Anatomy of a Broken Promise: Unpacking the Reasons

Broken promises are rarely simple acts of malice. They often stem from a confluence of factors, including unforeseen circumstances, changes in priorities, lack of self-regulation, and even cognitive biases.

Procrastination, unrealistic expectations, and a lack of planning can all contribute to broken promises. This chapter examines the cognitive and emotional factors that lead to broken promises, differentiating between unintentional lapses and intentional breaches of trust. It also highlights the importance of self-reflection and taking responsibility for one's actions.

3. Promises in Romantic Relationships: Navigating the Complexities

Romantic relationships are built on promises, both explicit and implicit. From vows of eternal love to the everyday commitments of shared responsibilities, promises form the fabric of these intimate connections. Broken promises in romantic relationships can be particularly devastating, eroding trust and creating feelings of betrayal. This chapter explores the unique dynamics of promises in romantic relationships, examining the interplay of expectation, communication, and commitment. It provides strategies for navigating conflicts arising from broken promises and rebuilding trust after a breach of commitment.

4. Promises in Family Dynamics: Understanding the Unique Dynamics

Familial relationships are characterized by a unique set of expectations and commitments. Family promises often involve implicit agreements and long-term obligations, creating intricate webs of interdependence and responsibility. Broken promises within the family can have far-reaching consequences, affecting individual well-being and family cohesion. This chapter examines the unique challenges of promise-keeping within families, addressing issues such as intergenerational trauma, shifting roles and responsibilities, and the complexities of familial expectations.

5. Promises in the Workplace: The Role of Promises in Professional Success

The workplace is a landscape of promises, both formal and informal. Meeting deadlines, upholding commitments, and building collaborative relationships all depend on the ability to keep promises. Broken promises in the workplace can have significant professional repercussions, damaging reputations, undermining teamwork, and jeopardizing opportunities. This chapter explores the importance of professional integrity and commitment, highlighting strategies for effective communication, goal-setting, and team-building within a professional context.

6. The Power of Self-Promises: The Importance of Self-Commitment and Self-Care

Self-promises are often overlooked yet play a vital role in our personal growth and well-being. Committing to personal goals, pursuing self-

improvement, and prioritizing self-care are all examples of self-promises. Breaking these promises can lead to feelings of self-doubt, frustration, and guilt. This chapter emphasizes the significance of self-compassion and self-forgiveness in navigating self-promises, promoting strategies for effective self-regulation and self-motivation.

7. Healing from Broken Promises: Strategies for Moving Forward and Rebuilding Trust

The aftermath of a broken promise can be emotionally challenging. Feelings of betrayal, hurt, and anger are common responses. This chapter provides practical strategies for healing from the emotional wounds inflicted by broken promises. It explores techniques for processing emotions, rebuilding trust, and fostering forgiveness, both for oneself and others.

8. Cultivating a Culture of Promise-Keeping: Building Stronger Relationships

A culture of promise-keeping is built on mutual respect, clear communication, and a commitment to accountability. This chapter explores strategies for fostering trust and strengthening relationships through mindful communication, setting realistic expectations, and practicing empathy. It examines the role of individual responsibility and the importance of collective commitment in creating a supportive environment where promises are valued and upheld.

Conclusion: Living a Life of Authentic Commitment

Living a life of authentic commitment requires self-awareness, intentionality, and a willingness to take responsibility for our actions. This book provides the tools and insights necessary to navigate the complexities of promises, fostering stronger, healthier relationships built on mutual trust and respect.

FAQs:

1. What if I've broken a lot of promises in the past? This book provides strategies for self-reflection and making amends, focusing on future commitment.
1. How can I tell if someone isn't being genuine in their promises? Pay attention to their body language, follow through, and consistency in their actions.

1. Is it okay to break a promise sometimes? There are rare exceptions, but honesty and open communication are key.
1. How can I set realistic expectations when making promises? Consider your resources, capabilities, and potential obstacles.
1. What if the other person isn't willing to work on repairing a broken promise? Prioritize your own well-being and set healthy boundaries.
1. Can this book help with professional relationships? Absolutely! It provides strategies for workplace commitment and trust.
1. Is forgiveness essential for healing after a broken promise? It's crucial for personal well-being, but it's a personal journey.
1. How can I improve my communication skills to avoid broken promises? Clear, honest, and open communication is crucial.
1. Is this book just for personal relationships? No, it applies to all aspects of life, including professional and personal commitments.

Related Articles:

1. The Neuroscience of Trust: How Broken Promises Affect the Brain: Explores the neurological impact of broken promises on trust and relationships.
1. The Art of Apology: Repairing Damaged Relationships After Broken Promises: Focuses on effective apology techniques for mending broken trust.
1. Setting Realistic Expectations: A Guide to Avoid Broken Promises: Offers

practical tips and strategies for setting achievable goals and avoiding broken promises.

1. **Communication Skills for Strong Relationships: Preventing Broken Promises Through Clear Communication:** Discusses the role of effective communication in fostering trust and preventing broken promises.
1. **Self-Compassion and Self-Forgiveness: Healing from Broken Promises:** Explores the importance of self-compassion in navigating self-promises and personal setbacks.
1. **Building Trust in Romantic Relationships: Overcoming the Challenges of Broken Promises:** Addresses the specific challenges of broken promises in romantic partnerships.
1. **The Power of Intention: How to Make and Keep Meaningful Promises:** Explores the importance of intentionality in promise-making and commitment.
1. **Forgiveness and Moving On: Letting Go of Resentment After Broken Promises:** Offers guidance on letting go of resentment and moving forward after experiencing a broken promise.
1. **Professional Integrity and Promise-Keeping in the Workplace:** Focuses on the importance of integrity and commitment in professional settings.

Additional Resources

HundrED

HundrED is the world's leading curator of impactful and scalable education innovations. We identify, amplify and help implement innovations together with our partners in the global ...

HundrED and EduEvidence join forces to celebrate impactful ...

Jun 6, 2025 · This year, HundrED and EduEvidence have joined forces to jointly celebrate EdTech solutions that do exceptional work in the equity area. EdTech organisations listed in ...

HundrED Global Collection 2027

Share your work with us for the opportunity to be featured in our HundrED Global Collection, highlighting the 100 brightest education innovations from around the world. Submissions will be ...

Finland 100 - foundation.hundred.org

HundrED was established in the Fall of 2015 with an aim to find and celebrate inspiring education innovations from the country. It was clear from the start that something new and inspirational ...

HundrED Global Collection 2025

HundrED's Global Collection Report 2025 presents a curated selection of the world's most impactful and scalable educational innovations, with one hundred chosen solutions spanning ...

HundrED Impact Report 2024

At HundrED, our impact is created by identifying impactful and scalable education innovations and helping them to grow. In this report, you will find key metrics about our journey in 2024 and the ...

HundrED Online Courses

HundrED Online Courses equip teachers and educators with the theory, real-life examples and practical exercises to understand, identify and implement impactful education innovations in ...

Youth Ambassador Programme - HundrED

Q: What will I get at the end of the programme? Youth Ambassadors will receive a Certificate of Completion by HundrED and IBO, in addition to countless connections to young people all over ...

HundrED Global Collection

HundrED Global Collections are annual, highly selective searches for the 100 most impactful and scalable education innovations. Browse through the collections and submit your own ...

HundrED Foundation

The HundrED Foundation provides capacity building and financial support programmes for education innovators. We run funding programmes with partners, and channel donations to ...

HundrED

HundrED is the world's leading curator of impactful and scalable education innovations. We identify, amplify and help implement innovations together with our partners in the global education sector.

HundrED and EduEvidence join forces to celebrate impactful ...

Jun 6, 2025 · This year, HundrED and EduEvidence have joined forces to jointly celebrate EdTech solutions that do exceptional work in the equity area. EdTech organisations listed in HundrED ...

HundrED Global Collection 2027

Share your work with us for the opportunity to be featured in our HundrED Global Collection, highlighting the 100 brightest education innovations from around the world. Submissions will be ...

Finland 100 - foundation.hundred.org

HundrED was established in the Fall of 2015 with an aim to find and celebrate inspiring education innovations from the country. It was clear from the start that something new and inspirational ...

HundrED Global Collection 2025

HundrED's Global Collection Report 2025 presents a curated selection of the world's most impactful and scalable educational innovations, with one hundred chosen solutions spanning six continents ...

HundrED Impact Report 2024

At HundrED, our impact is created by identifying impactful and scalable education innovations and helping them to grow. In this report, you will find key metrics about our journey in 2024 and the ...

HundrED Online Courses

HundrED Online Courses equip teachers and educators with the theory, real-life examples and practical exercises to understand, identify and implement impactful education innovations in their ...

Youth Ambassador Programme - HundrED

Q: What will I get at the end of the programme? Youth Ambassadors will receive a Certificate of Completion by HundrED and IBO, in addition to countless connections to young people all over ...

HundrED Global Collection

HundrED Global Collections are annual, highly selective searches for the 100 most impactful and scalable education innovations. Browse through the collections and submit your own innovation ...

HundrED Foundation

The HundrED Foundation provides capacity building and financial support programmes for education innovators. We run funding programmes with partners, and channel donations to ...

[A Hundred Sweet Promises](#)

A Hundred Sweet Promises

Related Articles

- [a history of world societies](#)
- [a history of western music 10th edition free](#)
- [a highlander for hannah](#)

[Back to Home](#)