

INTENTIONALITY AND POSITIVE ILLUSIONS

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Abstract

In the context of a pressing need for personal optimization, in order to actively meet the demands of a rapidly developing society, a positive outlook on the world is often required. The concept of positive illusions was associated with an increase in well-being and research studies tried to analyze the relation between positive illusions and high adaptability of the individual. In this article we first analyze the concept of positive illusion, critically assessing its functional definition and inherent methodological contradictions. We then focus on the link between positive illusions and self-regulation mechanisms, namely individual goal structures in specific contexts. Finally, we propose new directions on approaching positive illusions, from a theoretical and research perspective.

Keywords: *positive illusions, self-regulation mechanisms, goals*

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