CODE Community Support Group – Fear of failure

"Don't be afraid to fail. Be afraid not to try"

Let's re-set and refresh ourselves, carry out this simple task when you need a break. It will make you more aware of your surroundings.

Take a look around you and find five things that you find interesting.

It can be:
- Something you see
- Something you hear
- Something you smell or even something you taste.

Focus on those five things individually, exploring them one by one.

This will help to unlock your brain, disconnect from a difficult task or even help you to take a break from something that appears too routine.

It helps to light up the creative parts of your brain, encouraging a lighter more optimistic mood.

Have you ever been so afraid of failing at something that you decided not to try it at all? Or has a fear of failure meant that you undermined your own efforts to avoid the possibility of a larger failure?

This is actually more common than you think, and most of us have experienced this at one point or another. Fear of failure will affect some more than others and can sometimes be immobilising, causing us to do nothing and rendering us unable to move forward.

We're likely to miss great opportunities if we allow fear to stop up from progressing in life.

Fear of failure can keep you from trying, creates self-doubt, stalls progress, and may lead for you to go against your morals.

Today we're going to look at what the fear of failure means, what causes it, and ways to overcome it and enjoy success in your studies and your life.

What causes the fear of failure?

To find the cause, we need to look at and understand what failure actually means to you.

Everyone has different definitions of failure, this is simply because we all have different benchmarks, values and belief systems. Someone might consider something a failure, whereas someone else would consider it an experience to learn from.

Some common causes for fear of failure are:

- ❋ **Patterns from childhood –** hyper-critical parents can cause children to establish ultimatums and fear-based rules. This could lead children to feel the constant need to ask for permission and reassurance, which will be carried into adulthood.
- ❋ **Perfectionism –** This is often at the root of a fear of failure. For some perfectionists, failure is so terrible that they don't even try to step out of their comfort zone.
- ❋ **Over-personalisation –** ego can lead us to over-identify with failures, meaning it's hard to look beyond failure at things like quality of the effort or growth opportunities.
- ❋ **False self-confidence –** People with true confidence, know they won't always succeed. A person with fragile confidence avoids risks and would rather play it safe that try something new.

What might you experience?

You may experience some or all of these symptoms if you have a fear of failure:

- ➤ **Self-sabotage –** procrastination, excessive anxiety, or a failure to follow through with goals.
- ➤ **Low self-esteem or confidence –** "I'll never be good enough to get that promotion" or "I'm not smart enough to get on that team"
- ➤ **Perfectionism –** Only trying the things you know you'll finish perfectly and successfully
- ➤ **Reluctance –** not willing to try new things or get involved in challenging projects.

How does the fear hold you back?

- ✓ **Unhealthy organisation culture –** a set of organisation beliefs that any failure is unacceptable – only success will do. This can cause hiding of problems until they become crises that can't be hidden any longer.
- ✓ **Missing out on valuable opportunities –** Doing what worked in the past and hoping it would work again, means that you don't adapt to change and are scared of trying something new in case it doesn't work.
- ✓ **High achievers become losers –** Successful people like to win all the time and achieve high standards; this can mean that they are terrified of failure that is ruins their lives.
- ✓ **Loss of creativity –** If you are so afraid of failing, you will dampen the importance of trial and error in finding the most creative solution.

How to overcome your fear of failure…

1. **Figure out where the fear comes from –** looking at some of the main causes for fear of failure (as mentioned above) try to pin-point which one you think resonated most with you. Write down where you think the fear comes and try to understand it as an outsider. Naming the source of the fear takes away some of its power.

2. **Reframe beliefs about your goal –** Avoid having an all or nothing mentality can leave you with noting. Having a clear vision, but including learning something new, is a better way to think about your final goal.

3. **Learn to think positive –** In most cases you actually believe what you tell yourself and then your internal dialogue affects how you react and behave. Our society is obsessed with success, but it's important to recognise that even the most successful people encounter failure.

4. **Visualise all potential outcomes –** Uncertainty about what will happen next is terrifying, so take time to visualise the possible outcomes of your decision. Look at the best and the worst-case scenario. You will feel better if you've already had a chance to prepare for what would happen.

5. **Look at the worst-case scenario –** There are some situations where the worst-case scenario would be devastating, but this is very rare. In most cases, it won't be the end of the world and it ill be something to learn from. Define how bad the worst case scenario is in the grand scheme of your life.

6. **Have a back-up plan –** It never hurts to have a back-up plan, the last thing you want to do is to scramble for a solution when the worst has already happened. Live by the motto "Hope for the best, prepare for the worst."

7. **Learn from whatever happens –** Things may not go the way you planned, but it doesn't mean you've failed. Learn from the outcome (good or bad), it could be a great opportunity to make changes and to grow.

To overcome fear of failure, you need to start by figuring out where it comes from and reframing the way you feel about failure. When failure is a chance for growth and you've looked at all possible outcomes, it's easier to overcome fear.

Take the time at the end of this session to look at 1 reason why you think you might suffer with fear of failure. Looking at the points above, look at ways on how you can tackle that point.

1. ……
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2. ……
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CODE have plenty of ways to help you keep healthy each week…

Zumba
Online
Every Monday at 6pm
https://codestudents.co/Fitness

Yoga
Online
Every Tuesday at 6pm
https://codestudents.co/Fitness

Core
Online
Every Thursday at 6pm
https://codestudents.co/Fitness

Meditation
Online
Every Saturday
https://codestudents.co/meditate

CODE Community Support Group
(limited to 15)
Every Wednesday
1pm – 3pm in the Communal Area
http://codestudents.co/support

Grab and Go table
Pick up snacks, food, drinks or a book from our motivation library
Every Wednesday – 1pm – 4pm
Block B Foyer