

10 COPING STRATEGIES When Reeling From Failure

EMBRACE YOUR EMOTIONS IN A HEALTHY WAY

Do not deny the emotions. Accept that the failure causes sadness and anger, talk to friends and family about how you feel if they want to help.

DON'T MEDICATE WITH FOOD AND ALCOHOL

PRACTICE SIMPLE COPING SKILLS

Focus on small things that are positive to counterbalance the feelings of loss and disappointment. Choose things that help you relax and bring joy.

Exercise ♦ Spend time with friends
Hobbies Play with pets ♦ Volunteer at a charity

UNDERSTAND WHAT THE FAILURE MEANS

Assess what the failure actually means. Is it really a huge life destroying setback? Does it make you any less that you did not succeed in this instance? Create a list of what you actually lost or missed out on due to this failure. Creating a visual representation of the true impact may make it more clear that the situation isn't actually as bad as once thought.

REFRAME THE FAILURE

Shift from disaster to what this failure can actually teach. Assess what may have caused the failure and what could have been done differently. Consider what can be learned from the situation. What opportunities were created from the failure?

PLACE RESPONSIBILITY APPROPRIATELY

List the facts of the failure. What went wrong? Consider what could have been done differently? Consider what was and was not under your control. Create a list of all the things that may have contributed to the failure and be as honest as you can.

FIND INSPIRATION FROM THOSE WHO HAVE FAILED ON THEIR WAY TO SUCCESS

Do some research into famous people who failed time again before succeeding. Look up: Colonel Sanders, Michael Jordan, Van Gogh and Steven Spielberg

REASSESS

Assess how important certain things are to you whether life would be better or worse without them. If the thing that you failed at still looks worth pursuing prepare to carry on and make an alternate plan to achieve it.

MAKE A PLAN TO MOVE ON

Once the failure has been analyzed and relived over and over to come to terms with it, the next step is to move on. It's time to make a new plan. Take all of the lessons of failure along with a new found drive to succeed this time and forge forward.

CONQUER YOUR FEAR OF FAILURE

Understand and accept that failure is inevitable and it may well happen again. Assess all the possible outcomes to reduce potential shock if things don't work out. Work on positive thinking. Make sure the worst-case scenario is understood. Have a backup plan.