WHEN YOU ARE REELING FROM FAILURE Workbook

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Introduction

Failure is a fact of life. It's impossible for anyone to go through existence succeeding at every turn. In fact, many of history's most famous success stories have come about after first having failed. The important thing is learning from the experience.

Coping With Failure Exercises

Exercise 1: Describe The Failure Describe a recent failure. Be specific.

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Exercise 2: Embrace Your Emotions In A Healthy Way

In the immediate aftermath of a big failure emotions are raw and painful. An individual can be wracked with self-doubt, depression, and anger. It is important at this stage to acknowledge to yourself how this failure is making you feel.

What emotions are behind the failure? Be specific, think about it, list them all.

Have you accepted these feelings?						
Are there feelings you suspect you are denying?						

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Exercise 3: Practice Simple Coping Skills

When life seems to have blown up because of a huge failure that has left a feeling of depression and despair it's sometimes the simple things that make it better.

- Get exercise
- Take a walk in nature
- Spending time with friends
- Indulge in a hobby
- Spend time with a pet
- Volunteer at a charity

List the things you can do that relax you, that bring you joy and that you enjoy

Calendar time for doing these things

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Make a gratitude list

Focusing on all the small things in life that are good and positive helps to counterbalance the feelings of loss and disappointment caused by the lack of success, list all the things you are grateful for.

Exercise 4: Understand What The Failure Means

The literal definition of failure is a lack of success and this can be such a broad interpretation because of the many levels of failure. There are so many levels of failure that each is unique and has its own consequences or lack of.

What does your failure mean to you?

It is important once emotions have settled to take time and assess what the failure actually means.

Is it really a huge life destroying setback?						
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Does it make you any less of a success that you did not succeed in this instance?		

What is your perspective on t	the failure?		

How significant or insignificant is the failure?	

Create a list of what you actually lost or missed out on due to this failure		

Exercise 5: Reframe The Failure

The immediate reaction to a failure is a slew of negative emotions because something that was wanted has now been taken away. A great way to deal with this is to reframe the situation by a literal refocusing of the failure to see the positives that can come from it.

Shift the focus from "something has gone wrong" and consider what this failure can actually teach you

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Assess what may have caused the failure and what could have been done differently		

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What can be learned from the situation to ensure success in the future?

The most successful people in the world welcome failure, they know it is a stepping stone, a teacher, an opportunity.

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Commit now in writing to not dwell in self pity	

Write are personal growth opportunities that can be the rewards of the failure

For example, resilience and inner strength.

Exercise 6: Place Responsibility Appropriately

So much can go into the success or failure of any venture no matter the size so when things do not go as planned something or someone is to blame. It is important when analyzing the mechanics that went into the failure to not overlook the facts and to not allow emotion to play a part.

Are you making excuses that can lead to a missed learning opportunity and a chance for personal growth?

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What could have been done differently?	

What was under your control?	
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What was beyond your control?		

Create a list of all the things that may have contributed to the failure and be as honest as you can.		

Exercise 7: Find Inspiration From Those Who Have Failed On Their Way To Success

Do some research into famous people who failed again and again before succeeding.

You will be surprised at how many you find.

Exercise 8: Reassess

After all the soul searching that has taken place to analyze the failure, make time to reassess what is most important in life. The time spent reeling from failure can be enlightening and open eyes to what truly brings happiness and contentment.

List all the good things in your life	
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Parallel a baskel target and the second	
List all the bad things in your life	

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f yes, make a new plan on how you will get there				

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Exercise 8: 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. Dwelling on what cannot be changed is not a healthy use of time but planning for the future can be reinvigorating.

Make a new plan
If you missed out on one job, what is the next one that can be applied for?

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Things have been learned from missing out on the first attempt so what can be altered to make the second try successful?

Take all of the lessons of failure along with a new found drive to succeed this time and forge forward.

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Write a letter to the you 5 years from now, what do you want to say? What do you want to see? Who do you want to be?				

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Exercise 9: Conquer Your Fear Of Failure

Once that first big failure has happened and been successfully navigated, coping strategies will hopefully have you prepared going forward. The truth is that failure is inevitable and it may well happen again before success has been reached. So as life continues on it's important to use some strategies to lessen the fear of failure. This is important because not gaining control of this fear can lead to a reluctance to take chances in the future.

When entering into something that may not succeed, assess all the possible outcomes.

In doing this the element of shock that potential failure wields can be lessened.			

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Work on positive thinking both with regards to the chance of success and how well you are now equipped to deal with failure. Write down all the positives that came from the failure, think carefully, look for the silver linings.

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needs Refer back to your answers within this workbook for guidance. Another way to decrease the fear of failure is to make sure the worst-case scenario is understood. What is the worst that can possibly happen if this attempt fails?

Write 10 positive affirmations that are personalized to your situation and your

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Create a backup plan, something that can act as a landing pad should this latest attempt not work out				

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Journal/Free Notes		

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