

EP 11 Understanding & Dealing with Failure: How we can better respond to failure whenever it occurs in our lives

Failure is a part of the process of life; we all have or will experience it at some point. However, understanding how to better deal with failure can help make life easier and meaningful. In this episode I talk about some of the causes of our fears of failure, how not to be afraid of failure, and how to better respond and deal with failure whenever it occurs in our lives.

Thanks for listening :)

Emeka's Takeaways:

What are some of the causes of fear of failure?

- Experiencing a traumatic event
- Having critical or unsupportive parents
- Perfectionism
- Low Self-esteem or Self-confidence
- Self-sabotage

How not to be afraid of failure

- Look at the worse-case scenario
- Learn to think more positively
- Visualization
- Have a contingency plan

Tips on how we can better deal with and respond to failure

- Embrace your emotions
- Change your perception of failure
- Accept an appropriate level of responsibility
- Face your Fears of Failure
- Do not make emotional decisions
- Disassociate yourself as a person from the actual failure
- Do not dwell on it, learn from it
- Have a forward plan of action, be patient & persistent