

# FEAR OF FAILURE

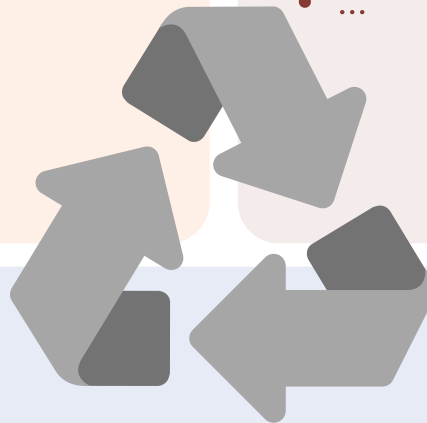
**Fear of failure** is the **fear** to **fail** in situations in which people are (or think to be) **judged** and the **need** to **avoid failures**.

## Thoughts

- Worrying about the results
- Expecting a bad performance
- Worrying about the consequences and reactions of other people regarding your failure
- ...

## Behavior

- Procrastination
- Avoidance
- Study excessively
- Not allowing yourself to take any breaks
- ...



- **Physical:**  
Sweating, faster heartbeat, faster breathing, ...
- **Emotional:**  
Being too emotional, feelings of guilt, feeling alone, irritation, ...

## Feelings

# TIPS & TRICKS

## ✓ Remember



- **You can make mistakes.** Every failure is also a possibility for learning.
- **Studying is a process** with many **different steps**. We only have control over our next step and not on the whole process and its result.

## ✓ Reflect



- **How would you like to feel different?**
  - Is this realistic?
  - What do you need to do to get there?
- **How would you like to behave differently:** make this concrete.
- **Become aware of your non-helping thoughts:** make a list.
- **Take a critical look at your non-helping thoughts and test:**
  - What is the worst thing that can happen?
  - What is the most realistic thing that can happen?
  - How would you reassure someone else in this situation?
- **Replace your non-helping thoughts with more rational, helping thoughts.**

## ✓ Do it!



- Determine in advance **how much time** you want and can **spend studying**.
- Make **small intermediate goals** and work **step by step**.
- Create a **realistic** and **feasible schedule**. Give yourself a structure.
- Allow yourself some **time to relax**, also during exam periods.
- Look also at **what is going well**.
- While studying, **focus** primarily on the **main structure** and not on details. These ones can be added later.
- **Create a step-by-step plan** for yourself **to relax** during stressful moments. Find out what works for you (e.g. breathing exercises, specific helping thoughts, ...).
- **Black out?** Go back to basics: *what is the title of the course? Which chapters are there?* Focus on what you still know.