



Abolish Your Fear of Failure

We all have faced the fear of failure at some point or another in life. Eliminating your fear of failure is essential for success. There are various occasions when you hold yourself back when you are afraid of doing something and you don't even try to give it an attempt. A fear of failure stops your growth, progress and success in life. It is extremely important to overcome this fear so that you don't miss on some great opportunities in life.

Overcoming your fear of failure is not an easy task. You first need to identify the causes of your fear. Identifying these causes will help you decide how to overcome this state and enjoy life. There could be various causes of fear of failure like some kind of disturbing event in the past, negative learning experiences, failure or critical and unsupportive parents.

How can you determine if you have a fear of failure? Just ask yourself if you are afraid of doing something? Do you lack confidence and you are afraid of disapproval? Do you feel anxious when you are uncertain? If your answer to any of these questions is yes, then you have a fear of failure and you need to overcome this fear for your own personal development and growth. A reluctance to try new things, excessive anxiety, low self-esteem and weak self-confidence are signs of fear of failure.

To overcome this state, one must accept the fact that no one is perfect and we need to learn from our mistakes. In everything we do, there is always a chance that we might fail. You can eliminate your fear of failure in some areas through self-improvement. Here are a few ways you can overcome your fear of failure:

Think Positively: You can build your self-confidence by thinking positively. It's easier said than done to eliminate negative beliefs. Be optimistic and know that you are capable of achieving great things. Find solutions for challenging problems, realizing that many trials may be needed before the final outcome.

Identify the cause: In order to overcome your fear of failure it is important that you first identify the cause of this state. You will have to examine all your negative beliefs and past experiences and figure out what the exact cause or reason behind this fear is.

Failure Leads to Success: The more you fail the more you succeed. Take feedback and criticism positively. You can then work on the feedbacks you have received and improve each time. Remember, even most successful personalities fail every day. Let failure be just a stepping stone



to success in your career.

Failure is Not Permanent: Usually when we fail we get de-motivated and disheartened. However, this is a temporary state. Few things in life go as smoothly as we hope or as badly as we might expect. Expect variations and fluctuations in your performances, and you won't be disappointed.

Apart from the above listed ways, you can also overcome your fear of failure by other **self-improvement techniques** like self-growth, setting goals, following your passion, and living in the present.

These simple and easy tips and tricks will help you improve yourself and overcome your fear of failure. Don't let your own fear stop you from moving ahead in your career. Set small daily goals and build your confidence to abolish this fear of failure from your life.