Recognizing and tackling

FEAR OF FAILURE

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

**Thoughts**
- ...If I don't know one detail then I won't pass my exam
- The professor yawned during my presentation so I will have done badly...

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

**Behavior**
- **Active fear of failure:** Excessive studying, not giving yourself breaks, studying all the details, ...
- **Passive fear of failure:** Procrastinating, avoidance, not going to exams/classes, ...
TIPS & TRICKS

✔️ Thinking

• 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.
• Learn to challenge your automatic thoughts through this infographic.

✔️ Feeling

• Studying can ask a lot of yourself, both physically and emotionally.
• It produces a stress response that is necessary to perform, but once it gets too high it will cause panic, causing you to "block".
• Discover what stress can do to your body and learn how to recognize it in yourself through the infographics on stress and stress signals.
• How to deal with this? View the infographic on abdominal breathing.

✔️ Doing

• It is important to balance effort and relaxation through an adequate method of studying:
  - Make small intermediate goals and work step by step (see infographic SMART goals).
  - Create a realistic and achievable schedule (see infographic planning).
  - Allow yourself relaxation, even during exam periods.
  - How to study. First structure and later details. (See infographic active and strategic studying).
  - Create a step-by-step guide to feel more relaxed.

• First aid for Blackout: get back to the basics! What is the title of the course? What chapters are there? Focus on what you do remember.