

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



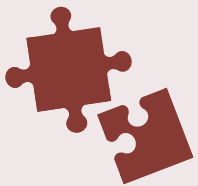
✓ Thinking

- **You can make mistakes!** Every failure is also a possibility for learning.
- **Studying** is a **proces** 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.