

# Overcome the fear of failure

*6 ways to help your teen rise above fear. Here's how:*

## 01

### **Redefine Failure**

- » Your own attitude about failure will have an impact on your teen – be mindful!
- » Redefine 'mistakes' as powerful 'learning opportunities'
- » Encourage and celebrate all learning opportunities

## 02

### **Effort is Stronger than Ability**

- » Emphasize the process (effort) over the outcome (ability)
- » Discussing strategies works better than focusing on the results

## 03

### **Love Unconditionally**

- » A parent's love is unconditional – ESPECIALLY when your teen makes mistakes or uses poor judgement
- » The more they feel your love, the higher their ability to overcome the challenge

## 04

### **What's the Worst that can Happen?**

- » Brainstorm 'worst-case scenarios' with your teen, to imagine one or two ways they might fail and how they plan to respond.
- » Asking them questions like "What's the worst that can happen?"
- » Work with them to accept the worst - and do their best to improve on it

## 05

### **Be part of the Solution**

- » Be a problem-solver by helping your teen focus on the solution too
- » Review actions taken and consequences of those actions
- » Ask them things like: "What went wrong?" or "How can this be avoided in the future?"

# The iceberg illusion

06

## Hidden below the Surface

- » The famous "iceberg analogy" is a great way to illustrate the point about what we SEE and what actually HAPPENS below the surface
- » Often times, we only see the success (tip of the iceberg) while the failures, struggles or shortcomings are submerged (under the water)
- » Taking time to recognize what it takes to achieve success (failure, anxiety, sadness, rejection, grit, effort, discipline, endurance, persistence, etc) helps teens learn about what works and what doesn't



## What people see

- » Success
- » Outcomes
- » Recognitions

## What people don't see

- » Persistence
- » Effort
- » Failure
- » Dedication
- » Process
- » Grit
- » Rejection
- » Support
- » Discipline
- » Sadness
- » Struggle
- » Anxiety