

# Five Steps to Break Through the Fear of Failure

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A fear of failing can be paralyzing. These five steps can help you break through the self-limiting barrier you tend to construct when you are afraid of failing.

1. Ask yourself what you would try if you knew you couldn't fail? What are you not now doing that you would try if I could wave my magic wand over you and you knew that you were absolutely assured that you would succeed?
2. Imagine what it would be like if you tried this and succeeded. What is the best thing that could happen as a result of your success? If you tried it and it was a fantastic, resounding success, what is the best thing you could imagine happening?
3. Knowing what you would try if you could not fail, ask yourself what would be the consequences if you tried it and failed? What is the worst thing that could happen? If you tried it, and you failed miserably, what is the worst thing you could imagine happening?
4. As best you can, assess the likelihood of failing. How likely are you to fail completely? Even though you are afraid of the possibility of failing, what is the realistic probability that you will actually fail? Are you more likely to succeed or more likely to fail? Try to put a number on it. Is your likelihood of failing 90 percent or is it more like 25 percent or 10 percent?
5. This is the key - ask yourself this impotent question: is the potential for success worth the risking the possibility of failure?

Many times people do not act because they are irrationally afraid of the possibility of failing – even though the success would give them tremendous rewards. If realistically the worst consequences of failure aren't all that horrible and if rationally the likelihood of failing is quite low, reconsider your fear.

With this realistic, honest assessment, you may decide it is actually wise try something new.

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