

6 WAYS TO HELP YOUR CHILD OVERCOME THE FEAR OF FAILURE

1

CHANGE YOUR ATTITUDE ABOUT FAILURE

- Be mindful of **your own** responses to mistakes and failure. Talk about what you've learned, and be willing to pick yourself up and try again.
- **Encourage** and **celebrate** your child's mistakes as learning experiences.

2

EMPHASIZE EFFORT, NOT ABILITY

- Emphasize **effort** (and the process) over ability (and the outcome).
- When they struggle, discuss **specific strategies** that might work next time.

3

DEMONSTRATE UNCONDITIONAL LOVE

- Make it clear that you **love** your child unconditionally, even when they make mistakes or use poor judgment.

4

CONDUCT THE "WORST-CASE SCENARIO" EXERCISE

- Start by grabbing a piece of paper so you can **brainstorm** together with your child.
- Ask them questions like, "If it all goes wrong, what's the **worst** thing that could happen?"

5

HELP THEM FOCUS ON THE SOLUTION

- Discuss what **actions** they took, the **consequences** of these actions, and how these consequences can be **avoided** in the future.
- Ask questions like, "What went wrong?", "How can you fix or prevent this next time?"

6

HAVE CONVERSATIONS ABOUT SUCCESS AND FAILURE

- Talk about success using the "**iceberg analogy**."
- Explain that when you see successful people, you only see the tip of the iceberg. You don't see what's "**under the water**": failures, rejection, grit, effort, discipline, persistence, etc.