

Facing Fears

Week 2. Fear of Failure/taking control

1. What is Fear of Failure-A primary focus on losing, playing poorly, or not achieving a desired outcome?
2. What causes Fear of Failure
 - a. Self full filled prophecies
 - b. Negative thoughts
 - c. Complaining
3. Recognizing Fear of Failure
 - a. Can often be disguised
 - b. Our ego protects us
 - c. Honest assessment (Home work)
4. Overcoming Fear of Failure
 - a. Coping
 - b. Focus on the positive
 - c. Stay in the moment

I have difficulties taking my practice game to competition?

My level of competitive self-confidence does not match the level of my practice self-confidence?

I want to win or succeed badly and this leads to cautious performances because I am afraid to make mistakes?

I focus too much on results or outcomes of my performance and have a hard time enjoying the process?

I can become impatient with myself if I don't perform well in competition and I want improvements in practice to happen faster

I often feel like my self-esteem is threatened who I do not perform up to my own expectations?

I care too much about what others think and make assumptions that are not based on reality?

I have a fear of letting others down if I don't perform up to their expectations?

I sometimes tighten up or become tense in competition and do not perform freely?

I try too hard to win and this get in my own way mentally with a lack of trust?

I try to be perfect with my execution and this get tense, try to over control my body or get frustrated why my game is imperfect?

What to do?

- 1. Remind and assure yourself that you are in control**
- 2. Release yourself of all expectations**
- 3. "The only thing to fear is fear itself"**
- 4. Release yourself of all conditions**
- 5. Recognize whose expectations you are trying to full fill**
- 6. Does fear control you?**

Lose yourself