

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?

