

Hypnotherapy in Slough Why Failure Can Be Good For You

I was reading a blog last week about knowing when to end a project, and it reminded me of one of the most widespread problems I see with clients: when to decide that something has failed.

No-one is perfect and we all fail at something: driving test, a relationship, a job. It's not the failing that is the problem though – it's how we perceive it: as something painful, embarrassing maybe.

Bad feelings associated with failure are internal: how we feel about ourselves, which stops us pushing our boundaries and rocks confidence that might have been a bit dodgy to begin with. Or, bad feelings are all about how we are seen by others; especially if you are surrounded by nay-sayers. You know the 'I told you it would never work out' brigade.

The avoidance of painful feelings is human: it may be natural not to want to fail, so sometimes we just don't try. And this becomes a way of life, not trying to succeed, just drifting along.

But if you have tried this, you will know that this comes with bad feelings too: feeling that you are wasting your life, letting others down, or just feelings of sadness and beating yourself up that you should be 'better' if only you could improve your confidence

Well, you are probably just fine as you are: the thing that needs to change is your attitude to failure.

Now there's a thing: a new attitude to failure. That failure is actually a route to success. How else do kids learn to walk but by falling down? You have to know what isn't before you know what is.

And how would that feel, a new attitude to failure? Would you try more? And what would that bring you, that's new and good and exciting? That would improve your confidence no end, I am sure. An upward cycle.

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The original blog I read is by Seth Godin, well worth a read [here](#)