

When the fear of failure takes up residence in your life, it can stop you before you even get started on anything. It's frustrating and the root cause of procrastination. We think to ourselves - why even bother? This self-doubt can be paralyzing, stopping you from any worthwhile goal.

Experts say this is often because of hypercritical parents - fear-based rules, threats, and ultimatums were possibly part of the equation - causing an extreme need to ask for permission (for anything) and seek validation.

Perfectionism is part of the fear of failure as well - trying may produce less-than-perfect results and that's never going to work. To step outside of our comfort zone can be terrifying.

Playing it safe and overidentifying with failure ("I always fail!") are all part and parcel.

How do we overcome the fear of failure, then?

1. Figure out where it came from.

2. Try to understand it and how it affects you, the same way you would for your child. We are tender and gentle with a child who wakes up from a bad dream. We easily offer reassurance and love. Do the same with yourself and remember, like a child, you may wake up to this dream more than once. Patience, gentleness, kindness, self-empathy, and grace go a long way.

3. Journal, confide and meditate on best practices to move forward. It's a cha-cha but you're worth the effort (and dance!)

4. Frame it with "I am a fast learner and I improve as I learn." This reframe allows for the sputtering.

5. Positive thoughts - focus on the thing you want. You create more of what you focus on - don't forget that!

6. See your best outcome.

