

# 10 SIGNS YOU MAY HAVE A FEAR OF FAILURE

1. Failing makes you worry about what others think about you.
2. Failing makes you worry about your ability to pursue the future you desire.
3. Failing makes you worry that people will lose interest in you.
4. Failing makes you worry about how smart or capable you are.
5. Failing makes you worry about disappointing people whose opinion you value.
6. You tend to tell people beforehand that you don't expect to succeed in order to lower their expectations.
7. Once you fail at something, you have trouble imagining what you could have done differently to succeed.
8. You often get last-minute headaches, stomach aches, or other physical symptoms that prevent you from completing your preparation.
9. You often get distracted by tasks that prevent you from completing your preparation which, in hindsight, were not as urgent as they seemed at the time.
10. You tend to procrastinate and "run out of time" to complete your preparation adequately.

\*Not intended to be an official diagnostic

Source:

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