**5 Hacks to Bust Your Fear of Failure**

Nothing holds you back in life more than the fear of failing. More often than not, the negative associations with failure are what limit us rather than the experience of failing itself. We don’t want to be seen as incompetent, poor achievers or lacking in intelligence. In plain English, we don't want to be seen as losers.

Yet, failure is a vital part of our learning process. If we don't fail, we don’t grow and gain important life experience. What’s more, everybody fails many times over in their lives. It’s how we perceive and process the fear that allows us to accept this fact and bounce back stronger than before.

These 6 hacks won’t stop you from making mistakes and experiencing setbacks. But they'll allow you to reframe your fear of failure so that you're not afraid to seize opportunities and accept failure as a natural learning curve.

**Hack #1: Put it into perspective**

Say you fail your driving test or end-of-year exam. Right away, your negative self-talk kicks in, telling you what a loser you are, piling misery onto frustration so that you feel totally crushed.

Before you decide to quit school or depend on Uber for the rest of your life rather than risk failing again, ask yourself: how much will that really matter in X amount of time?

You'll retake the driving test again in 6 months, avoid making the same mistakes and pass with flying colors. In 6 months, your failure will be completely forgotten. You may be forced to delay your graduation by a year but next time, ace the final exam. Your failure will be totally forgotten.

Putting failure into perspective helps you see that it can be less serious and painful than you thought. This is a powerful hack as most people tend to magnify their failures so that they become crippling.

Putting failure into perspective allows you to break your fear of trying again, learning from your mistakes and succeeding brilliantly the next time around.

**Hack #2: Accept who you are**

Don't try to suppress your fear or consciously try to control it. It'll just get stronger and control you instead. Rather, accept your fear as a normal emotion that's part of who you are.

Feel your fear and reflect on it. Dig deep into yourself and try to find out what you're really afraid of and why. For example, are you afraid of proposing to your partner because your parents went through a messy divorce? Are you afraid of taking on more career responsibility because you don't feel qualified enough?

The key is to ask yourself the 'why' of your fear of failing. Digging down to the reasons behind it helps you understand the following:

* Past experiences with failure have made you who you are today. If anything, they've made you stronger and wiser.
* The reason for your fear can be addressed, such as learning new skills to give you the confidence to take action.
* Everyone fails and you're no different. In the event that you do, reframing the failure will help you bounce back quickly.

This is a mental process that when practiced each time you feel fear, will empower you to acknowledge it but not let it hold you back.

**Hack #3: Identify your triggers**

Triggers are certain situations that spark your fear of failing because they have roots in past negative experiences. For example, an academic setting could trigger memories of being punished in class for poor work. A new romantic relationship may bring back memories of a painful breakup; you're afraid to commit in case you fail again, and so on.

Most of us have these emotional triggers and learning to recognize them gives you a very powerful edge. You can mentally affirm to yourself that this time is different. You're stronger and wiser and you won't fail.

**Hack #4: Monitor your thoughts**

We all have an inner voice that feeds us random thoughts. We often let it ramble on as we're doing something, thinking it's harmless. But your thoughts influence **your emotions and behavior.**

For some weird reason,

that inner voice is typically negative and critical. It says things like: "You're never going to get this right… you won't get this done on time… you suck… this is way over your head…" Unless you stop these thoughts, your brain is going to process them and believe they're true. You're subconsciously setting yourself up to fail!

Monitor your self-talk and when it starts up with the negative nagging, kill the thought by repeating one simple phrase: "I can do it and I can do it well." Repeat this to yourself with conviction and get your brain to work with you rather than against you!

**Hack #5: Learn from your mistakes**

This is a no-brainer but you'd be surprised how many people continue to repeat the same mistakes over and over. Failure is one of the best teachers in the world because you don't only learn, but grow and become stronger because of it.

When you feel afraid of taking action, reflect on similar past situations where things went wrong. Identify why you failed and what you need to avoid to succeed this time around.

It could be that you need to set smaller goals, communicate better or make sure you plan better to meet a deadline. It's a simple equation: Learning from failure equals success!

**Conclusion**

The fear of failure is in your head and therefore, you need to confront and overcome it in your head. These 5 mental hacks work to rewire your brain and change your perception of failure and eliminate its negative impacts.

Fear is a fact of life. It's normal and sometimes, even necessary to be afraid and to plan well before taking action. But the bottom line is that fear should never hold you back from achieving success and being your best possible self.