

## Reappraising Failure: Handout

Failure events – or failing to accomplish a certain objective, task or goal, can be an unpleasant, distressing experience. However, how we see failures can also help us learn, grow and develop as individuals. When we see our failures in a more positive light, we are reappraising these unpleasant incidents, which will then help us develop and help generate ways to better improve our performance in the future.

**Instructions:** Recall an incident in which you have failed in a certain task or attempt. Describe that event in detail in the first column of the diagram below. Then, complete the two remaining sections with details on what you learnt from this failure, and what you can do to better improve your chances of success in the future.

