

# STEP-BY-STEP PLAN FOR DEALING WITH MISTAKES AND FAILURES

Sometimes things don't go the way you hoped for. You prepared well, but still it went wrong. You did your best, but you failed. You know that you're allowed to make mistakes and that failures are part of life, but still you feel like crying. To find the strength within yourself to move forward, you first need to get rid of the feeling that you've failed. By acknowledging your feelings and thus also your mistakes/failures, space can be created to come up with a (new) plan and learn from what happened. In this way, every mistake/failure becomes an opportunity to become wiser and more resilient. The following step-by-step plan can help you with this:

**1**

Take some time for yourself and, if possible, find someone with whom you can share what happened.

**2**

Observe the emotions that the mistake/failure evokes in you and dare to let feelings like fear, anger, and guilt be there.

**3**

Accept that you can no longer change what happened, to realize that you do have influence over how you move forward.

**4**

Investigate what thoughts and judgments have arisen from the mistake/failure about yourself and/or others involved.

**5**

Imagine what you'd say to a pupil or a good friend if they told you about a mistake/failure similar to yours.

**6**

Now say what you'd say to the pupil/good friend to yourself and feel what changes inside you.

**7**

Try to look at yourself and others involved with "soft eyes," go beyond the judgments you may have.

**8**

Feel whether your emotions have diminished enough to think more rationally; wait if necessary until there is enough thinking space.

**9**

Think about what you can do to possibly rectify the mistake/failure, challenge yourself to come up with as many different options as possible.

**10**

Consider the consequences of each option and choose a feasible one that does justice to those involved, including yourself; perhaps also choose a backup plan.

**11**

Plan who, what, where, when, why, and how you'll implement the chosen option(s); if it's helpful, ask someone to help you with the implementation.

**12**

Look back at the steps you've taken and determine what you've learned or still can learn from the mistake/failure.

Dealing with mistakes and failures is often difficult, but you can practice this. In this way, you can grow as a person; we need mistakes and failures to learn. It often involves ups and downs, so be kind to yourself when you fall and proud of yourself when you get back up.

#### Sources:

Boswell, C. (n.d.). *Herstellen van een mislukking* [Recovering from a failure]. wikiHow.  
<https://nl.wikihow.com/Herstellen-van-een-mislukking>  
 van Vlerken, M. (n.d.). *Stappenplan bij fouten en mislukkingen* [Step-by-step plan for mistakes and failures]. Zirav.  
<https://www.zirav.nl/products/downloadbaar-bestand>