

## How to believe that you are not a failure

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Many people spend a lot of their time worrying about failing in life, and feeling like a failure. Fortunately you can beat this! You just need to learn how to turn those horrible (and untrue) negative thoughts and feelings into positive ones.

### How?

Don't think about the moment in time too much, try not to dwell on the now. Think, and say to yourself over and over again 'I can achieve, I am not a failure, I don't deserve to feel this way. I am a person like everyone else and I have the ability to be good enough for me, to feel positive about my life and feelings. I just need to take control of negative emotions'

### The power of thinking positively

The power of positive thinking is very strong. Sometimes you can convince yourself of something just by repeating it over and over again in your mind. So, every time you have an 'I can't do this. I'll fail, I may as well not try, because I'm a failure' You need to do the exact opposite of that thought, fight against it, because its not the truth, nobody is a failure, we all have our ups and downs, no matter what has happened in the past, everyone has the power to change their future.

## Be kind and fair to yourself!

Don't set yourself unrealistic goals or expectations. Nobody is perfect, don't feel the need to be the best at everything, you need to feel like you've tried your best and say to yourself, this is the best I can do. It IS good enough for ME.

## Is it all too hard in the moment?

Distract yourself; sometimes these feelings can be so overwhelmingly strong that you may not at that time feel strong enough to beat them. Go and do something positive, do something that makes you smile. That way, you will be in a more positive frame of mind to try and get rid of those feelings of failure and lack of self worth.

- **ALWAYS REMEMBER** - We all have our own imperfections, but don't let yourself fall and stay down. Pick yourself up, and keep going. You have the power inside you, and **YOU CAN DO THIS**.