

Dealing *with* Failure

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Building 1, Level 5 (1.517) @Lobby C

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Failure – not for the faint-hearted. Just ask anyone who has been labelled as a failure, whether the label is self-affixed or by others.

It is a fact of life is that failure happens to all people, maybe not all the time, but none of us is exempted from encountering failure, in varying degrees at different points of life.

So if failure is such an inevitable force, what would possibly lead people to do whatever it takes to avoid it at all costs?

Could it be that we find ourselves living in a rather judgmental and unforgiving world? A world that defines for us what is success, and anything that falls short of it will be deemed as undesirable and unacceptable.

Often with good intention, the society and media hyped success stories but scantily mentioned the trials and difficulties that these successful individuals faced to get to where they were at. Even if they did, most people were likely to recollect and fete the achievements rather than the setbacks and mistakes.

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This is despite the fact that most of us would have come across people of renown sharing words of wisdom on the subject of failure. Consider these sayings:

- Failure should be our teacher, not our undertaker. Failure is delay, not defeat. It is a temporary detour, not a dead end. *Denis Waitley*
- Striving for success is healthy – but believing you need to succeed the first time around may backfire. Mentally strong people believe failure is part of the process toward a long journey to success. By viewing failure as a temporary setback, they're able to bounce back and move forward with ease. *Amy Morin*
- Remember that failure is an event, not a person. *Zig Ziglar*

It is one thing to fail at something, it is quite another to view a failure as a cataclysmic event. Granted that some failures may have devastating effect, but it would help us a great deal if we remind ourselves that neither success nor failure is final. Furthermore, we have the freewill to determine for ourselves how we define success rather than be subject to worldly standards, and that could likely give us the courage to fail.