

## June Newsletter – Dealing with the “F” word

It seems as if the “F” word has been abounding this past week in the media (Mrs. Brown’s Boys no exception) and judging by articles in the press, the jury is out.

Last week the headline was: *Students to learn about Failure*. Seemingly a prestigious Perth school is cutting back on praise and rewards for students, concerned that many struggle to cope with failure once they leave school.

This week it’s: *Protecting kids from Failure*. Apparently the days of keeping score and recognizing individual achievement in sport are over for some primary schools and sporting groups.

One cries yay, the other nay...so what’s it to be I hear you say?

Well, they are both interesting points of view and no doubt great fodder for discussion and debate, which brings to mind the science of NLP (Neuro Linguistic Programming) in which it is pre-supposed that ***there is no such thing as failure - only feedback.***

As such, the NLP presupposition is another very interesting point of view, which I totally get. As babies we come into this world and soak up new experiences and learning with no intrinsic clues as to the “F” word whatsoever. We learn to crawl, stand and walk by falling and failing, falling and failing till we achieve success. We embrace failure. It’s part and parcel of our growth and expansion. Failure = feedback.

At what point therefore do we become less willing to make mistakes and to risk failure? Usually as we head into adulthood... often cloaked in an unhealthy mantle of conditioning by those nearest and dearest and worried about what others will think about us: ‘If I keep on failing, I’ll be seen to be a failure.’

Hmmm....now consider the difference between: I FAILED versus I’M A FAILURE....

1. I FAILED = I ‘verbed’ failure...I did something/took action and stuffed up...I missed the mark, it didn’t work and now I’ll do more of what *does* work to get the result I’m after. Now I’m on track.
2. I’M A FAILURE = I’ve swallowed it whole as a noun, internalized it and now it’s become part of who I am, my identity, the internal writing on my walls....now I’m feeling unsuccessful, disappointed and am disappointing...

The long and the short of it is to aim for the #1 space and to hang there as you move and groove through life. Permission to regress to your pre-walking baby days to remember and to re-experience failure is fully granted!

If you’ve hit the #2 spot and the glass is half empty, CHANGE YOUR EFFING LANGUAGE! Get rid of the AM word here and save it for more glorious creations! Try this one for size:

I FAILED, HIP HIP, HOORAY....now I can expand to create a brand new day!