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Peer Group Chat

Date: 20/04/23

Title: Reframing Failure

Description: Failure can be a big part of everyday life and recovery; however, our perception of failure can sometimes impact how we view it. Let's come together and talk about experiencing failure, how we can reframe to it, and how failure can help us.

Shaz51	hello @TideisTurning (PSW)@tyme (PSW/ Moderator)
Amber22 (PSW)	Welcome! @Shaz51
TideisTurning (PSW)	Heya @Shaz51 :) We'll get started soon!
Shaz51	hello @Amber22 (PSW)
tyme (PSW/ Moderator)	Hi Everyone!
Shaz51	heyyy my moderator @tyme (PSW/ Moderator) xxxx
TideisTurning (PSW)	Welcome @Meggle :)
Amber22 (PSW)	Welcome! :) @Meggle

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Meggle	Hi
TideisTurning (PSW)	<p>Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Reframing Failure.</p>
Meggle	Thanks @tyme (PSW/ Moderator) I really appreciate that acknowledgement as a person with Aboriginal Heritage
Meggle	@TideisTurning (PSW) I mean sorry
TideisTurning (PSW)	<p>Tonight, Peer Support Workers @TideisTurning and @amber22 will be facilitating a discussion around the topic of Reframing Failure. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, failure can happen to anyone. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about struggling with experiences of failure. @ Tyme who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-faqs) or message @Tyme. We're looking forward to creating a space where we can reflect and learn more together about Reframing Failure.</p>

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TideisTurning (PSW)	Within this group tonight we'll be talking about: Ways of looking at and responding to failure Alternative ways of looking at and/or responding to failure The benefits and lessons failure may bring with it
TideisTurning (PSW)	Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join In the meantime, feel free to introduce yourselves. I'm @TideisTurning
Meggle	sorry have to run to loo - daughter just rang and held me up -be right back
TideisTurning (PSW)	All good @Meggle. We'll be here when you get back :)
Amber22 (PSW)	Of course :) All good! @Meggle
Meggle	made it back
Meggle	yay didn't miss anything
Meggle	I was just explaining this chat to daughter
Meggle	I said I guess it's about the positive side to failure
TideisTurning (PSW)	Q1: What would you define as a 'failure'? How do you tend to respond to failure?
Amber22 (PSW)	Welcome! @creative_writer :)
Amber22 (PSW)	Hello! @Appleblossom :)
creative_writer	Evening everyone :)
TideisTurning (PSW)	Hi @Appleblossom & @creative_writer :) Great timing!
Meggle	Failure to me is when I don't succeed. Or when I have come up short of my own high expectations. It probably isn't always actual failure more perceived failure. I respond by being self critical. Pushing myself more. Probably being harder on myself and having more unrealistic expectations of myself next time

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	Failure to me if when I expect something to go a positive or certain way, and then it doesn't follow through that way. Usually, it is when I am expecting a positive result but if I don't get that specific result then I would see that as a failure for myself. I respond to failure by often shutting myself away and coming to terms with it in my own time, I like to try and feel the failure by myself and often keep my 'failures' private and to myself.
Amber22 (PSW)	
Amber22 (PSW)	Yep, definitely feel that 'unrealistic expectation' part! @Meggle
Meggle	I can relate to everything you said too @Appleblossom
Appleblossom	I am not sure what failure is honestly. There is the school and academic system. There are many social norms that I might not understand or accept as genuine or good, but others still might judge me as a failure.
Meggle	I certainly can spiral into depression after failure
Appleblossom	I think I often fail to make a good impression. Maybe a lot of self sabotage.
Meggle	That
Meggle	That's a bit sad @Appleblossom
Amber22 (PSW)	Sometimes self sabotage can cause me to fail too, subconsciously I can trick myself into it if I'm not aware of it @Appleblossom
tyme (PSW/ Moderator)	I've had my fair share of self-sabotage
TideisTurning (PSW)	@Appleblossom, I'm feeling like there might be a bit of a correlation between failure and expectations, as @Amber22 (PSW) mentioned earlier
Amber22 (PSW)	Welcome! @Snowie

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Appleblossom	I can hide behind academia, as at least they have criteria and some transparency, but socially I feel often given the flick. I am trying again to have another go ... and today I had a good day, but still I have a lot of trauma around rejection so feeling vulnerable about certain people etc etc.
TideisTurning (PSW)	Hi @Snowie :)
Meggle	I have stressed myself into failure. Especially in regards to university study. I know I am smart enough, my ATAR is over 90 but I keep pulling out of studying due to my high and unrelenting standards. So I pull out of studies. I am so disappointed that I do this to myself. Perhaps this is my own way of self sabotaging
TideisTurning (PSW)	Makes total sense @Appleblossom. I feel you
Amber22 (PSW)	I totally get that, I often used to stress myself silly before an exam and then underperform because I'd have the lack of sleep and my mind would be racing elsewhere @Meggle
Appleblossom	Thanks @Meggle for responding to my sense of social failure. With an ATAR like yours you should have confidence. Please give it another go when you are ready.
TideisTurning (PSW)	Q2: If we think of failure as a chance to learn, does this help motivate you to keep trying at something, even when you might've 'failed' or fallen down before? How/ why?
Amber22 (PSW)	Social acceptance is challenging, but what helps me is remembering that I might not be for everyone, and that's okay @Appleblossom
Meggle	Thanks @Appleblossom for now I have given up hope
Appleblossom	@Meggle I love your thread. Maybe that is where it is for now, but honestly it sounds as if you have talent for study.

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Meggle	Well I think I just actually answered Q2 but I have tried many times in relation to returning to studies. I have tried 3 different Universities and tried each one several times. I feel like I just need a break to consider my options. It is on my bucket list to get a degree
Meggle	I need to decide what I want to be when I grow up
Appleblossom	I understand we cannot please all the people all the time @Amber22 (PSW) but it has had major impacts on family and work.
Amber22 (PSW)	I think that learning to be okay with failing is a massive part in feeling more comfortable to put myself out there and to try new things. Often I wouldn't even try at something if I knew I had a chance of failing at it because I would be worried and focussed on the 'failure' possibility.
Meggle	I am in my early 50's so I am running out of time but I once ran into an 80 year old that was studying at Uni so it is never too late
Amber22 (PSW)	It's never too late to start something new @Meggle
Meggle	I have other challenges to study, mainly financial right now so have decided to take this year off to see how I feel about pursuing study
Shaz51	Failure to me is when I don't succeed., took me a while @Appleblossom that i can not please everyone all the time
Appleblossom	Ha ha @Meggle re figuring what you want to be! Thats right it is never too late. I have had variable success at different unis. We can talk about that on your thread.
Meggle	Great I would love that @Appleblossom - I am a great fan of yours
Shaz51	ohhh our @Appleblossom is the best and has been here for me since 2015 xoxo
Amber22 (PSW)	Aw wow!! @Shaz51 @Appleblossom

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Appleblossom	@Shaz51 I cannot stop myself going into people pleaser mode it is so deeply ingrained, but I am noticing earlier when it is a problem. WOW you are being too nice. and @Meggle I was really at my wit's end when I joined the forum.
Meggle	I had an enormous amount of success at Uni in 2012 - did a double degree first year in Nursing and Midwifery. Got all D's and HD's so not all failure here. Unfortunately the following year along came my recurrent Bipolar illness
Snowie	I think if we fail, it is hard to motivate yourself to keep trying. It takes a lot of strength and courage to turn that thinking around and to motivate yourself or to try a different way next time
TideisTurning (PSW)	Q3: What do you think are some of the risks of never failing (i.e. not trying)?
Appleblossom	What an interesting course @Meggle Sounds as if you have a lot of intensity and focus.
Meggle	True @Snowie
Meggle	Well if we never try and never fail we never truly live life. Life is here to be lived, to be enjoyed, to be challenged. Personally I love a challenge. That is why I love to study. I think I am a lifelong learner
TideisTurning (PSW)	Welcome @Malen! Great to have you with us :) We're just chatting about what risks might come with never failing
Amber22 (PSW)	Welcome! @Malen :)
Snowie	If you've never failed you've never lived
Amber22 (PSW)	That's a great quote! @Snowie and very true

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Appleblossom	I do keep trying, and I am probably pretty good at doing "work arounds" but sometimes I need a break. Sometimes I need encouragement, so I appreciate you people. I had more worries about my son being a perfectionist and not living up to his standards. I am used to 'avin' a go. Hey @Snowie
Meggle	Never try- never fail = Apathy
Meggle	Yes I am a terrible perfectionist too. It can really hold a person back
Amber22 (PSW)	A break and encouragement are very needed sometimes, most of the time actually for me! @Appleblossom
Snowie	failure is a chance to come back even stronger, it gives you another shot to try again
Shaz51	hello @Malen
Meggle	I understand the need for encouragement. I was looking for that today myself
Malen	Hey all
tyme (PSW/ Moderator)	Hi @Malen!
Meggle	Hi everyone!
Amber22 (PSW)	Yes I agree with that, and sometimes it gives you a chance to try again in a different way than before @Snowie
Appleblossom	I learned to say an "oops" when I made a mistake in teaching. So I could model it was alright to make mistakes. Failure is a much bigger concept for me.
Meggle	You know what. If people never failed there wouldn't be any inventions
Meggle	Fail just stands for first attempt in learning

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	Sometimes when I fail I can catastrophise and feel as if my whole plan is over because I failed at something, whereas looking at it from a learning point of view is a lot healthier and a lot better for my overall mental health. It would motivate me not to give up on what I've failed at, and to try again. Before I had this mindset, I would run the risk of never trying to never fail
Amber22 (PSW)	
Amber22 (PSW)	Love that! @Meggle
Meggle	Completely get that @Amber22 (PSW)
Meggle	I catastrophise a lot
TideisTurning (PSW)	Yeah. Similar to what a lot of you are saying, I feel like if I never failed (or fell down), I wouldn't have the chance to get back up again. Which is why I might just refer to it as 'falling down' from now on- it feels a lot nicer too!
Snowie	I always remember the story about JK Rowling's. Around 12 publishes rejected her books yet she kept on trying. After so many failures she succeeded
Meggle	and boy did she succeed!
TideisTurning (PSW)	That's a great example @Snowie! :)
TideisTurning (PSW)	Q4: What might be the benefits of failing from time to time?
Meggle	I feel like Failure is a stepping stone to success
Meggle	it
Meggle	it doesn't always mean that you will succeed but if you keep trying you will be getting closer

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	Sometimes failing at something can be humbling and can point out spaces in my life where I might need to focus on a bit more or to work on myself. Also realising that sometimes we fail at things because we might have thought that we wanted it, but it might not be the right path for us at that given moment in time. Failure is such a big learning opportunity.
Amber22 (PSW)	
TideisTurning (PSW)	I like that @Meggle! Love it!
Amber22 (PSW)	That's a great way to look at it! @Meggle
Meggle	True maybe it's just not the plan for you right now and failure points that out @Amber22 (PSW)
Snowie	I think a benefit of failing is that you can come back stronger than before. It is hard to acknowledge that, especially if it is constant failure
Amber22 (PSW)	Yep, sometimes we get knocked down only to come back 10 x stronger! @Snowie
TideisTurning (PSW)	Absolutely @Snowie <3
Malen	it reminds you that you are human
Meggle	If you experience failure you do get more resilient. They seem to correlate
TideisTurning (PSW)	I think it might've been a Japanese proverb; fall down 7 times, get up 8
Meggle	Failure is a natural part of life and we have to learn healthy ways of coping with it
Snowie	I failed today. It doesn't feel like I can crawl back up that ladder, but I know I need to. It is the strength in me to succeed. I guess it is the stubbornness in us too that tell us to keep getting up.
Meggle	You can do it @Snowie I believe in you

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Amber22 (PSW)	Sometimes you need to take a bit of time before you can start to climb back up that ladder, but you can do it! @Snowie
Meggle	Sometimes it takes some support and encouragement to get back up, and sometimes you need time to fix your wounds first. Don't be too hard on yourself. Life is not a race
TideisTurning (PSW)	Aww @Snowie. It says a lot about your strength to have that mindset and be able to look at it objectively like that so soon after a failure. Good on you!
TideisTurning (PSW)	Yes @Meggle. I totally agree with this <3
Meggle	I agree with @TideisTurning (PSW)
Meggle	You are so strong and resilient @Snowie You will get there
TideisTurning (PSW)	Q5: What might be a constructive way to respond to failure?
TideisTurning (PSW)	I feel like @Snowie just gave us a super example of this!
Meggle	@Appleblossom you have gone quiet, what are you thinking
Amber22 (PSW)	Definitely!! @TideisTurning (PSW) @Snowie
TideisTurning (PSW)	Do you have any thoughts on this @Malen? :)
Meggle	A constructive way to respond to failure - let me see?
Amber22 (PSW)	Understanding that everyone fails sometimes, and that it is completely natural and necessary to fail from time to time. Not letting failure get me down, and stop me from trying out for other things. Just accepting that sometimes failing is the outcome to the situation, even if we didn't expect it to be, and that's okay.
Meggle	Not to give up, not to be self critical. Not to let it make me spiral into depression. To realise that it is a necessary part of life. Without failure my life would probably be super boring

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Snowie	I think you have to have self compassion for yourself before you respond to failure. You need to try and surround yourself with people that help you realise that failure doesn't mean that your life is over. You need to find inspiration from people around you.
Amber22 (PSW)	It does keep life interesting! @Meggle
Amber22 (PSW)	Self compassion is a very important one to go hand in hand with failure @Snowie
Meggle	Could you imagine only ever succeeding? How unrealistic is that?
Amber22 (PSW)	It would get quite boring after the while, and nothing would feel special! @Meggle
Appleblossom	Ahaha ... last night I suggested to someone else a reframe on her statement of personal failure. Better at knowing what to say for others, but slow to figure it out for myself!
Snowie	That is why I come on the sane forums. If we don't have those inspirational people in our day to day life, we have to go looking for it. It won't come to us.
Meggle	lol @Appleblossom isn't that the same for all of us? We are good at giving advice but no so good at accepting the same for ourselves
Amber22 (PSW)	The forums are good for that :) @Snowie
Amber22 (PSW)	I rarely take my own advice, even though I should!! @Appleblossom @Meggle
Malen	In my family failure is not something really tolerated and you are reminded of it for years to come. I think it helps you grow as a person. Realising it is a growth opportunity is a great way to respond, then actually grow from it
Appleblossom	It just came out of me without thinking. I was unconsciously channelling this good idea for a topic.

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Snowie	@Amber22 (PSW) I totally agree, I rarely take my own advice either
Amber22 (PSW)	That's great that you're able to overcome it and grow from it @Malenfamily history can be hard to overcome when it's embedded into us, but you sound like you've really grown from it
Meggle	I feel like I failed at interpersonal relationships on the forums both last night and today. I took it personally when it was out of my control. I tried too hard but that was an irritation. Sometimes you just can't succeed no matter how hard you try
Amber22 (PSW)	You did your best, you're a really great person @Meggle
Meggle	Thanks for that all the staff were super with me
TideisTurning (PSW)	Ooft. That sounds really tough @Malen. I imagine failure might be harder to deal with when it hasn't been tolerated around you. I know for myself that I was ok at getting back up again until my falling down was criticised. Then, I became more fearful of falling down!
Amber22 (PSW)	Aw good :) @Meggle
Meggle	In case it's never mentioned – Sane staff do an amazing job behind the scenes. I want to personally thank all involved
Meggle	I know what you mean @Malen My parents would compare report cards. There was six of us so I never measured up. I gave up trying
TideisTurning (PSW)	What role might resilience play in recovering from an instance of 'failure'?
Malen	I've given up @meggle I just live my life my way. Sorry dont know how to tag

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Meggle	I cruised through school without doing any homework, just got average grades. I got my amazing ATAR off the Mature age STAT test because actually I am highly intelligent
Amber22 (PSW)	Feeling resilient towards failing is a very empowering feeling. Sometimes after failing, it is completely necessary to feel as if you have been defeated and to cry and let out all the emotions of what we might be feeling having failed at something. But afterwards, being able to get back up and try again is really empowering.
Amber22 (PSW)	Oh wow, go you! @Meggle
Meggle	You did it right @Malen just click on my blue name when it pops up
TideisTurning (PSW)	I'm not entirely sure that's giving up @Malen. It seems to me like getting back up or coming back stronger in a different way :) & if you'd like to tag just put @ in front of the person's name :)
Meggle	Resilience plays a huge role in bouncing back from an instance of failure. Without resilience you would just give up entirely and not ever try again
Snowie	resilience helps you recover from failure. But it is not something that you learn overnight. It is something that needs to be built up over time
Amber22 (PSW)	I agree, it definitely is something that comes with practice too, it's not just something that you know how to do, it comes with trial and error and learning! @Snowie
Meggle	Resilience seems to grow the more you practice it
TideisTurning (PSW)	Yes, absolutely @Snowie. Definitely agree with you there about building it up. I'm curious to hear your thoughts on how one might build resilience :)

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Meggle	I think people with mental illness are more resilient than we think. Just being here surviving through it takes a certain amount of strength and resilience
Meggle	I think we need to build more strength and courage to be more resilient
TideisTurning (PSW)	What lessons have past failures taught you?
Meggle	That my failures do not define me
Snowie	@TideisTurning (PSW) I think we build resilience over time. We need to learn from our experiences and try and make everyday worthwhile
Appleblossom	We also need foundations for security to be resilient. Eg Hierarch of needs. Its not just luck or a miracle.
Amber22 (PSW)	Past failures have taught me to not let my failure define me. At the time, it could have felt like the worst thing in the world was to fail and not go forward with the path of life that I had expected and anticipated, but looking back at it now I am often grateful that I did fail at certain things in life because it led me to other opportunities later on.
Amber22 (PSW)	Second that need for security for resilience! @Appleblossom
Meggle	I love good old Maslowe @Appleblossom
TideisTurning (PSW)	That makes complete sense @Appleblossom! There are certain needs that need to be met to enable other needs to be considered :)
Amber22 (PSW)	Haven't heard of the hierarchy of needs since uni! You just brought back a memory haha @Appleblossom

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Snowie	Past failures have taught me that I do have the strength to keep trying. Not matter how many times my failures push me down, I owe it to myself and those close to me to try again and keep trying. Yes it is hard to acknowledge our failures and even harder to bounce back from them.
Appleblossom	Conditions for resilience. I was told I was resilient and am working on the positives to have a resilient mindset, rather than collapsing into fear of failure, but being realistic is important.
Meggle	I do learn a lot from my failures. I learn to grow and to challenge myself further in order to get to where I want to be
Meggle	Failures = personal growth a lot of the time
TideisTurning (PSW)	Absolutely @Appleblossom. What you're describing there in terms of a resilient mindset reminds me a little of 'growth mindset' too :)
Amber22 (PSW)	Love that :) @Meggle
Appleblossom	ha ha ... except ... I am a club of Rome ,, type and believe there should be limits to growth ... ala ... having enough and bigger is not always better.
TideisTurning (PSW)	Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?
Amber22 (PSW)	I learnt that having some time before getting back up after falling down is totally okay :)
Meggle	I believe that too @Appleblossom I am happy with the amount of things I have. I am not rich but I am a lot richer than a lot of people in the world. You have to find happiness where you are
Snowie	I have learnt that everyone fails at times and that is totally ok

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Meggle	I learnt that everyone struggles with failure. That I am not an orphan
TideisTurning (PSW)	Yes @Amber22 (PSW)! Also, it's ok to take time getting back up again <3
Meggle	This whole chat has been amazing
Amber22 (PSW)	I'm so glad you've had a good time here, we've loved that you
Amber22 (PSW)	came along
Amber22 (PSW)	@Meggle
Meggle	haha that keeps happening to me to @Amber22 (PSW) stupid enter button
Amber22 (PSW)	Hehe oops @Meggle
Meggle	Thanks for having me and thanks for running the chat guys @Amber22 (PSW) @TideisTurning (PSW) and you in the backround keeping us safe @tyme (PSW/ Moderator)
TideisTurning (PSW)	Tonight's topic may have brought up some heavy feelings as we talked about struggling with experiences of failure. Would some self-care be helpful for you after we finish? If so, what might you do?
Amber22 (PSW)	A cup of tea for me :)
Meggle	So you are going to ask about self care now
Meggle	I will have dinner and chat to hubby
Meggle	Maybe check my imaginary world on the forums
Meggle	Oh and @Appleblossom wants to talk to me about Uni
Snowie	I am going to cuddle my dog, take my meds and hopefully get some sleep. And I will probably write in my journal about todays events to get them out of my head.
Meggle	I am looking forward to that chat

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Appleblossom	I will play some music.
Meggle	Have a great and restful sleep @Snowie
Appleblossom	I am heading off Good Night all
Meggle	Night hun
Amber22 (PSW)	Good night @Appleblossom Thanks for joining us tonight :)
TideisTurning (PSW)	Love those ideas! A cuddle with the dog sounds amazing @Snowie. I might go in search of my furry snuggle buddy too!
TideisTurning (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1: From stress to resilience- https://www.youtube.com/watch?v=Q7vYuKvpneM</p> <p>2: On 'embracing the suck' and reframing failure as a teacher- https://www.sonsofobiwan.com/philosophical-musings/embracethesuck</p> <p>3: Tips on What To Do When You're Feeling Like a Failure – https://www.youtube.com/watch?v=xh1h7B5notA</p>
Meggle	Thanks for the extra resources
TideisTurning (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Reframing-Failure-Thursday-20th-April-2023-7-8/m-p/1283510#M329218</p> <p>Keep an eye out for the next Peer Group Chat discussion about The Power of Possibility. If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here https://www.sane.org/peer-support/peer-group-chat. You can also ask questions for us to discuss in future peer chats!</p>
Meggle	Hopefully I will see you for the next chat. Have a great week

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Snowie	Bye all
Meggle	Bye
tyme (PSW/ Moderator)	See you Snowie!
Amber22 (PSW)	Bye everyone :) Thank you for coming along
Amber22 (PSW)	Have a lovely rest of your night!
Meggle	<3
TideisTurning (PSW)	Thanks everyone for being here sharing this space with us & your contributions! Take care & hope to see you back here next time <3