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14/07/2022

Peer Group Chat

Title: Dealing with Failure

Description: Dealing with failure can be a big part of everyday life and recovery. However, our perception of failure can sometimes impact how we deal with it. Let's come together and talk about failure, how we can respond to it, and how this can either support or hinder us from moving forward.

TideisTurning (PSW)

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 Dealing with Failure. We really value your thoughts on how these groups go, so we will send a link to a short survey at the end of this event for you to complete. While this survey is optional, it is a chance to provide feedback for us to improve our services. In case you might need to leave part way through the event, you can find the survey here now: https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW

TideisTurning (PSW)

Tonight, Peer Support Workers @Girasole and @TidelsTurning will be facilitating a discussion around the topic of Dealing with Failure. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, failure can be a common or big part of recovery and managing

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wellbeing. 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 dealing with aspects of failure. @Jynx 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#what-if-i-am-having-a-tough-time-and-need-immediate-support>) or message @Jynx We're looking forward to creating a space where we can reflect and learn together and expand our ideas of Dealing with Failure.

Girasole (Peer Worker) Hi @Summer ! Welcome to the chat :)

Summer Hi, I'm new. I wanted to check it out!

TideisTurning (PSW) Welcome @Summer. Great to have you with us :)

TideisTurning (PSW) We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join 😊

TideisTurning (PSW) Welcome everyone! Feel free to introduce yourselves. I'm @TidelsTurning
Summer I'm Summer. Happy to be here :)

Jynx (Moderator) Howdy all! I'm Jynx, I'll be floating around and might jump in from time to time. So glad to be along for the ride <3

Girasole (Peer Worker) And I'm @Girasole :) One of the peer workers co-facilitating tonight's group

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- TideisTurning (PSW) **Okay, let's get started for tonight 😊 How do you feel about the idea of yourself failing at something? How do you tend to respond to failure? And where do you think this might have come from?**
- Summer I'm failing at a lot of things at the moment. I respond to failure by letting myself take some time to cope with it. It depends on what i am failing though.
- TideisTurning (PSW) That sounds like a great idea to take a little time to process what's occurred :)
- Summer What about you? How do you feel about failing?
- Summer Yeah. Taking some time is usually what helps.
- Girasole (Peer Worker) My automatic reactions are likely to involve negative feelings. Depending on the exact context, this could involve disappointment, shame, frustration, embarrassment, pessimism about success, etc. I can tend to respond by not trying something in the first place out of fear of failure; significantly delaying trying something; stop trying altogether once I start and struggle; or even give up on the idea of something altogether.
- TideisTurning (PSW) Welcome @Liz :)
- Girasole (Peer Worker) In terms of why I might feel this way- think it comes down to having received a lot of person-based praise in childhood, as opposed to process-based praise. This means I learned to see achievement with somehow being inherent to my capabilities as a person, so it was distressing when I struggled as I thought I should be able to do better, somehow! Process-based praise, in comparison, commends the effort people put into a task instead of praising the individual. Its associated with less avoidance of challenging tasks, and less esteem issues around our abilities. Some examples of what this can look like in practice:
https://static.wixstatic.com/media/b7a14c_076b86f2a14e430f87d997c9c51b879a~mv2.png

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- Girasole (Peer Worker) @Summer for times where you might struggle some more with failure, have you considered where these might have come from? Up to you if you respond or how much you're comfortable to share :)
- Girasole (Peer Worker) Hi @Appleblossom & @the magician ! :) Welcome
- the magician hi people
- TideisTurning (PSW) Hello @the magician & @appleblossom :)
- TideisTurning (PSW) What is the function of those feelings we've just spoken about surrounding failing? For example, if you see failure as a reflection of your worth, does failure make you want to stop trying at something you value? Or, if you see failure as a chance to learn, does this help motivate you to keep trying at something?**
- Appleblossom Hello all
- Summer Tw. I've struggled with anxiety and depression for a long time. When i fail something, 9/10 times i feel like a failure and don't deserve anything. Usually when i struggle with failure, everything from the past few months builds up and it is not pretty.
- Appleblossom A lot depends on the thing "failed". Mostly its best to own it.
- Summer For me personally. If i fail something like maths, I'll give up on it. If i fail something like a friendship than i don't give up and i buy things for the friend. It depends on the scenario

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- the magician I've spent a lot of my time invested in writing a novel. where i to not get published it would be pretty upsetting. moist things you needed a plan b. in this case either a book collectors item for the family or an e book as its much easier to get those published. same with my career ending up in advocacy and uni. id need a creative learning as well as projects plan b if that didn't work out.
- Girasole (Peer Worker) @Summer thank you for sharing :heart: I don't think its uncommon at all to feel some intense feelings when experiencing failure. I believe and hope that the rest of the questions for tonight might be helpful for you and everyone else here in moving towards being a bit more gentle with ourselves and perhaps adjusting our expectations a bit when dealing with failure
- the magician most of these things you need a plan b when striving for your dreams. unless you believe you are capable of something it can be stressful and daunting to get out of bed each day. but then when you so reach that realisation its liberating.
- Girasole (Peer Worker) @the magician I do like the idea of having a plan B / back-up options :)
- Appleblossom Glad you are doing this chat. I am trained in process rather than person critique. Not big on praise, prefer encouragement. I failed at all the big things in my life and did not even know it, cos the ground rules changed so frequently. With little things I can make a joke or do an "oops".
- Girasole (Peer Worker) Welcome to the group @Pineapple! :)
- the magician what's happening with earthlings?
- Girasole (Peer Worker) My automatic feelings to failing certainly serve to keep me feeling comfortable in the sense that I have more control and self-esteem over the things I know I can do well. They also seriously block my growth in terms of

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opportunities to learn, grow, and enjoy more of what life has to offer! It is a form of self-sabotage, and I don't like that it tends to happen

Liz

Hi . I fear new learning environments. Developmentally I had failure feelings and experiences in high school . Never good enough. Ridiculed from peers and teachers.

the magician

if you fail or accomplish even a chunk of your goal, you may have skills in other areas. it just means you have potential- that can be quite inspiring that there's more to come.

Liz

The function of those feelings of failure keep me familiar. I dispose it and i am stuck for fear yo apply for jobs.

Summer

@Liz I'm sorry about that. Teachers need to be a lot more understanding about difficulties

Appleblossom

I am hopeless at things social, and felt safer (relatively) at school with clear rules and expectations ... Funny how we are all different.

TideisTurning (PSW)

What do you think are some of the risks of never failing (i.e. not trying)?

the magician

not taking risks means you are not free. chained by your certitudes and can never grow live learn.

Summer

Never experiencing if you didn't try.

the magician

if you avoid something and feel negative when you could have just gone for it and had a entirely different result.

Appleblossom

I am a risk taker, but never what the risks were. Just have a go. Took a long time to learn what safety was.

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Appleblossom	never knew what the risks were .. I meant
Girasole (Peer Worker)	To not try things out of a fear of failure hinders the chance of learning and growing. If we never try, we will be stuck in our knowledge and abilities of now... which for me is actually quite terrifying, imagining never being able to learn or move forward on things!
TideisTurning (PSW)	That's interesting @appleblossom, do you mean you weren't necessarily aware there was a risk?
Appleblossom	yes
the magician	if you fail you may realise that at least you tried and out of that action comes satisfaction that you saw it through but also opens an alternative course
TideisTurning (PSW)	@The Magician, that reminds me of something I've heard before along the lines of 'there are no mistakes, so long as you learn' :)
Pineapple	Unfortunately not everyone has the same safety net to take certain risks.
Pineapple	Learnt that multiple times the hard way
Appleblossom	A risk of never failing ... is not having a life.
TideisTurning (PSW)	Given the risks of never failing by never trying- how would you ideally like to respond to failure?
Pineapple	In the same token, i'm also terrified of sitting still and living out a mundane life.
Appleblossom	a lot can depend on the level of challenge or risk not all things are equal.

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- the magician my security is having a roof over my head constant flow of income no mortgage and kids opens up areas that otherwise couldn't explore
- Girasole (Peer Worker) For me- ideally, with judgement-free acceptance as something to be expected in life, especially if its to do with learning something new! I've heard failure described as simply "helpful feedback" that something is not working, telling us to try something different for the future. It could be something as simple as adjusting our expectations
- the magician its a bit like covid re entry you do it in chunks small stepping stones
- TideisTurning (PSW) I like that @the magician. Small steps, a series of which can lead to achieving bigger things :)
- Summer I found that out especially with my mental health recovery
- the magician its almost like having a strategy towards your dreams
- Appleblossom I preach incrementalism a bit ... but it has not worked for my son ... where a spontaneous moment ... got him in big trouble with a heavy consequences ... so its hard ... not a one size fits all.
- TideisTurning (PSW) I feel you @appleblossom. Just because it works for one person doesn't necessarily mean it'll work for someone else. Everyone is different and will have different ways :) That's ok, and also kinda cool if you ask me! :)
- Girasole (Peer Worker) I think that's quite true with mental health recovery, life and many things @Appleblossom - one size does usually doesn't fit all ! We need to figure out what works for us :)
- Appleblossom my son tends to be a perfectionist so its sad to see the moment he "let go" have lots negative consequences ... my risk taking vs my son's caution ... its all a learning

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- TideisTurning (PSW) If you could work towards more constructive ways of responding to times where you maybe don't succeed – what could this open up? For example– goals, experiences, opportunities, relationships, hobbies, skills...?
- the magician through strength and stamina NDIS funding i get one on one exercise correction so i can go surfing/snorkelling with a camping group. something ive wanted to do since age 18. so be determined and persevere.
- the magician a lot of its like quitting smokes you have to make a firm decision and keep at it
- Appleblossom NDIS has helped me too ... in the relationship side ... I am not to bad with goals ... but nobody can control .. the other side of relationships ... getting practise late in life.
- Girasole (Peer Worker) The surfing/snorkelling camping group sounds like so much fun @the magician ! :)
- Pineapple See i fear that my mind will shut down with the stress of situations. Thats how my bipolar seems to get me. To the point where its a 6month to a year rebuild. So the thought of something like a more challenging job or studying etc is a massive fear for myself
- the magician use a different strategy. there is always another solution.
- Appleblossom @Pineapple yes that is a little what happens with my boy ... after an episode.
- Pineapple Im coming to the conclusion at the moment that i might just have to find other things to fulfil my desires
- Girasole (Peer Worker) There's so much I'd like to develop at! Language skills, musical abilities, and to generally continue to grow as a person, e.g. with communication skills and resilience with life generally

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Pineapple Yeah i was going to ask when i read a comment before

Appleblossom @Pineapple but do not stop trying ... maybe trying different things I just made decision to stop my study and focus on social.

TideisTurning (PSW) I feel you @Pineapple. It can be a real challenge to come back from hard experiences :)

Appleblossom study was my safe place ... social not so

Pineapple Im in a reset now. Finally coming out of 6 month depression. Got a haircut today haha but yeah the manic is costly and soo destructive

Pineapple I wish i was qualified at something. Thats a dream

Appleblossom What I said today ... re capacity building ... but which capacity?

TideisTurning (PSW) What would a qualification look like for you @Pineapple? Sometimes, experience can qualify us in some ways :)

Pineapple I like the small steps idea. Its very difficult when you want to fix everything straight away, i put so much pressure on myself. But gotta just slow down a little

TideisTurning (PSW) That's hard @Pineapple, though understandable

Pineapple Im wanting to do an adult apprenticeship. Im only 31, but again i just dont know. Anything 3 or 4 years just makes me cringe, even though that time flies by and u kick urself if ur in the same place still! Ha

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- Girasole (Peer Worker) True @TideisTurning (PSW) ! In the case of peer support, our mental health and recovery experiences act as an essential qualification the role :)
- Girasole (Peer Worker) for* the role
- Pineapple Cheers guys. Sorry i didnt wanna hijack, thats why i came in as guest first
- TideisTurning (PSW) All good @Pineapple. You're not hijacking! Your experiences are valuable :)
- Jynx (Moderator) We're glad you jumped in Pineapple. Not hijacking just sharing in the space! :purple_heart:
- TideisTurning (PSW) If we have experienced a lifetime of seeing failure in a certain way and we'd like to learn to see it differently - what do we think could actually help us to make that gradual and possibly challenging, longer-term change?**
- the magician getting practice ay relationships late in life is just your 40's. a rerun of your 20's but a bit more wise.
- Appleblossom for me ... its my 60s .. lol
- Girasole (Peer Worker) I'm very interested to hear what everyone thinks for this question!
- Pineapple Me too
- the magician for me its gaining experience in skills based work to have transferable skills for where i want to end up and the sort of job thats expected with age. being in he perfect place to get that experience.

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- Jynx (Moderator) I think for me, it is about just that – acknowledging that this change can only BE gradual – and takes a conscious practice of self-acceptance and self-forgiveness in order to create the capability for that change
- Appleblossom I am getting out of my head and talking about my life ... learning to talk about it in way ... that people can cope with ... otherwise ... I am back to ... theory.
- TideisTurning (PSW) Very well said @Jynx. I wonder if self-kindness might come into that too?
- The Hams hi
- Jynx (Moderator) Oh absolutely @TideisTurning (PSW) self-compassion is vital! And also a skill that can be learned
- the magician hey Hams!
- Jynx (Moderator) Hey @The Hams
- Girasole (Peer Worker) Hey @The Hams , welcome! :)
- TideisTurning (PSW) Welcome @The Hams. Great to have you with us :)
- Pineapple I guess i would add education. Iv found learning more and more about my mental illness and trying different things. Having an open mind. Even just being in this chat is progress for me.
- Girasole (Peer Worker) Learning, having an open mind and being in spaces like this is great @Pineapple ! :heart:

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- Girasole (Peer Worker) For me – I think being around supportive people will be important for this one – people who will themselves, for instance, praise my effort and the process rather than the concept of me as a person – otherwise the childhood experiences I'm trying to move away from will just be replicated! I think also having patience will be important- it's a big change to try and make for ourselves! It may take years, a decade or more even(?!) to meaningfully reverse. The last thing I'd want to happen is get frustrated at myself and give up because I'm not seeing results too quickly... wouldn't that be ironic :sweat_smile: So, remember the process within this process... and perhaps praising our effort for that
- TideisTurning (PSW) That's lovely to hear @Pineapple. We're really happy to have you here with us <3
- The Hams radical self compassion is an important concept – so is being my authentic self. I guess I have come to learn that I would rather fail as my authentic self and learn from the process.
- The Hams than try to maintain a fake thing or version of myself to impress others
- The Hams failure in that context is impressing others by being fake
- The Hams it is hard to maintain being genuine though
- TideisTurning (PSW) Love this @The Hams. What an amazing, and liberating, perspective to uphold
- 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?**
- the magician I'm enjoying the process of building a MH circle. never say never meeting someone. seeing the world. and lifelong learning. things made possible with years of self help.

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- Appleblossom I used to be about doing what was necessary or what I was told. Am learning to be in my feelings more. Have had lots of great conversations in last few weeks ... feels like things are coming together a little.
- The Hams @the magician - What do you mean by a MH Circle?
- TideisTurning (PSW) I think a huge takeaway for me is what you were saying @The Hams about being your authentic self, and also @The Magician's wisdom about taking small steps :)
- the magician friendship group
- Appleblossom Just being present to the people here, even if they are not posting a lot.
- TideisTurning (PSW) Yes @appleblossom :) It's been great to have you all here with us! :)
- Pineapple Well i couldnt decide whether to come on or not. Glad i did, i thought it would be to intense but you guys are great. I find it reassuring to hear others are in a process of their own and im not the only one. Im struggling atm with seeing everyone doing so well when u look on facebook or whatever. Im jealous. So appreciate the genuineness of this chat. Cheers
- Girasole (Peer Worker) I've noted down a number of points that I found interesting or that resonated for me! "A risk of never failing ... is not having a life" @Appleblossom "use a different strategy. there is always another solution" @the magician "but do not stop trying ... maybe trying different things" @Appleblossom "I like the small steps idea. Its very difficult when you want to fix everything straight away, i put so much pressure on myself. But gotta just slow down a little" @Pineapple "radical self compassion is an important concept - so is being my authentic self. I guess I have come to learn that I would rather fail as my authentic self and learn from the process. ... than try to maintain a fake thing or version of myself to impress others" @The Hams "Never say never meeting someone. seeing the world. and lifelong learning. things made possible with years of self

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help." @the magician "I used to be about doing what was necessary or what I was told. Am learning to be in my feelings more." @Appleblossom

The Hams take care Pineapple and see you around the forum :)

TideisTurning (PSW) **Tonight's topic may have brought up some heavy feelings as we talked about dealing with aspects of failure. Would some self-care be helpful for you after we finish? If so, what might you do? 😊**

Appleblossom Lie flat on my back and watch a series.

the magician being assertive in family relationships as a way of gaining the relationship rather than having it fail around you. that's what been on my mind.

Pineapple Im alright. Appreciate it tho. ^ haha yep on the back asap too.

Pineapple How self absorbed, thought that was a question for me haha fail!

The Hams nice to see you all tonight - take care and see you around :)

the magician early night. up very early gaining time for more that i didnt get done today.

Girasole (Peer Worker) It was still a question for you @Pineapple ! It was a question for everyone here :) All good

TideisTurning (PSW) **We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat. We'd love to hear any feedback you may have. It will only take a few minutes to complete. Please click this link: https://sane.au1.qualtrics.com/jfe/form/SV_5uUFOsHJRKQ6wyW**

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Pineapple

Im out. Night everyone

TideisTurning (PSW)

Here are some further resources we recommend having a look at: 1: Overcome Your Fear of Failure and Create the Life You Want: <https://medium.com/practical-growth/overcome-fear-of-failure-2de4c3563e62> 2: Tips on What To Do When You're Feeling Like a Failure - <https://www.youtube.com/watch?v=xh1h7B5notA> 3: Tools for reflection – learning from past experiences/failures https://www.uts.edu.au/sites/default/files/Reflective_questions.pdf

Appleblossom

Good Night all

the magician

see you next week. love this group of people!

TideisTurning (PSW)

Thank you for joining, and we hope you enjoyed the discussion 😊 If you'd like to be informed when our next Peer Group Chat will be taking place, you can sign up to our mailing list here <https://www.sane.org/peer-support/online-mental-health-meet-up>. You can also ask questions for us to discuss in future peer chats!

Girasole (Peer Worker)

Take care everyone :) Thank you so much for sharing your thoughts and experiences :heart: Have a great night

TideisTurning (PSW)

Thanks everyone for being here, sharing this space with us & your invaluable perspectives :)

Jynx (Moderator)

Thanks all! <3