THE TOP TEN LIST of COMMANDMENTS for COPING with FAILURE

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X. OOPs I couldn't come up with a 10th commandment.

IX. Oh, oh! I also can't think of a ninth. How humiliating. It really should have been so easy to think of 9 commandments! What a lamebrain. I can't believe I did this and I sure can't present this list, for the shame will be awful, horrible and terrible! I will never present in public again. Or I could use my failure as an example of how to deal best with failure?.

VIII. THOU SHALL BE HUMBLED (NOT HUMILIATED) BY FAILURE
We all have limits. I am humbled today by the fact that I can only think of 8 commandments.

VII. THOU SHOULD FAIL WITH FLAIR or IN STYLE
It was my last chance to make a jump to stay in the state pole vault competition. I planted the pole in the vault box (actually in the dirt next to the box) and careened wildly about 45 degrees off the vertical - nosily knocking down the bar as well as both of the stands that held up the bar, missed the pit and ended sprawled on the ground. What an entertaining failure!

VI. THOU SHALL NOT SHOULD ON ONESELF FOR FAILING
"If you shouldn't have failed, you wouldn't have failed". Keep demanding that you should not have failed, you will pummel your self-esteem, live in a state of guilt and won't be able to learn from and let go of your past. Change that 'should' to "I wish I had not failed".

V. THOU SHALL NOT CATASTROPHIZE ABOUT FAILURE
No failure is horrible, terrible or awful, just damned inconvenient. A low score on a test does not mean that you will fail to achieve success, that you will lose meaning in your life, that you will live alone and/or live in dumpster. You are too smart, motivated and creative to stop trying to go where you want to go. And if you do end up in the dumpster, it will be the best and nicest dumpster in the neighborhood!

IV. THOU SHALL NOT FEAR FAILURE (or SUCCESS)
Anything worth doing usually involves failure. Success presupposes the courage to risk and fail. Fear of failure paralyzes you and leads to procrastination. Some fear success because success could set one up for more certain and larger failures.

III. THOU SHALL NOT CALL ONESELF A FAILURE or LOSER WHEN ONE FAILS
Self-rating ends in Self-hating. Rate your BEHAVIORS not your "SELF". It's fair to say "I didn't present a great top ten list today"; but it would be a gross overgeneralization to say that I was a big loser up there today". The best baseball hitters fail 2 out of 3 times, while Harry Truman early life is all enterprises that failed. We are not going to call them losers.

II. THOU SHALL NOT TAKE REJECTION PERSONALLY (EASIER SAID THAN DONE)
This is hard because you're the person who is rejected and sometimes the rejection is soul sucking. Try to look at it this way. Those who rejected you do not know they lost one of the best opportunities they will ever have and now you are on to better opportunities.

I. THOU SHALL ACCEPT AND LEARN FROM FAILURE AND THEN LET IT GO
Failure can either be your germ of destruction or your seed of growth. If you accept your failure and learn from it, then you can then concoct a better strategy or find a better path. Failure is crucial to your better adaptation and your personal evolution."