

Get Freedom,
Give Freedom



The Search for Significance
and Beyond

The Fear of Failure

I Must Meet Certain Standards To
Feel Good About Myself



Review: The Satanic Equation

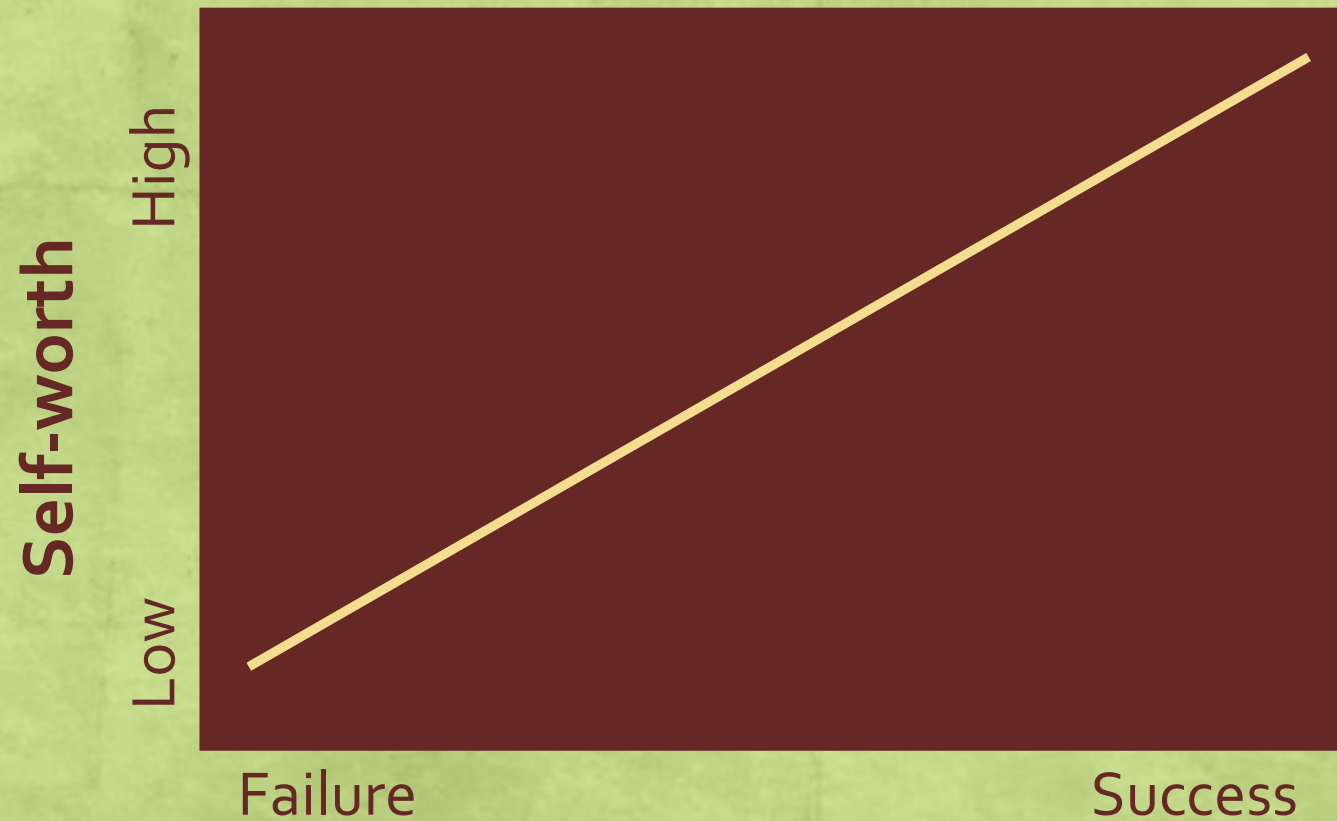
My Self-Worth =

my performance + other's opinions of me

$$SW = MP + OO$$

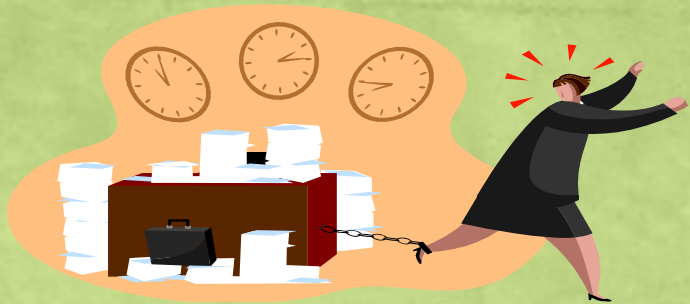
Focus of this Fear

- My self-worth is only as good as my performance



The Performance Trap

- Let's take a quiz to see if fear of failure has you caught in the performance trap.



Don't worry...you can't fail 😊



If your total score is:

- 57-70: God has given you a strong appreciation for his love and FoF doesn't rule you (or you are in denial)
- 47-56: FoF controls your decisions rarely
- 37-46: Emotional decisions may relate to FoF
- 27-36: FoF is general backdrop of your life
- 0-26: FoF dominates memory, relationships, and current life

Problems with this *Focus*

- Good Performance = Grandiosity/ Pride
- Negative Performance = Self Condemnation or Depression
- What is your self-talk?



The Effects of the Fear of Failure

- Ignoring the problem will not cause it to go away
- Recognizing and confronting the fear of failure in daily experiences could result in dramatic changes.
- But in order to do that, you must have self-awareness.

Perfectionism



- An unwillingness to fail
- Areas of perfectionism: work, punctuality, housecleaning, our appearance, hobbies, etc.
- Problems: anticipate rejection, can't take criticism, demand to be in control, competency 'justifies' compulsions, relationships suffer
- Good works, but wrong motives

Avoidance of Risks



- The fear of failure may be found in those individuals who are only involved in activities that can be done well.
- New, challenging activities are avoided because the risk of failure is too great.
- Limits scope of creativity, self-expression, and service to God

Anger and Resentment

- When we first realize we have failed, what is the first thing we do?
- Find someone to blame!!
- When you fail, what do you say to yourself about yourself? Do you have negative self-talk?



Pride

- When our self-worth is based on our performance, and we are successful, we can begin to have an attitude of pride.
- The attitude of self-confidence may only be a mask to hide our fear of failure and insecurity.



Low Motivation

- Many people who have the fear of failure are thought to be lazy or have low motivation.
- Rooted in hopelessness
- To try and fail would be more painful than to be thought of as lazy



Identity Entangled with Success

- Two extremes: actively promote your success or hide it and don't enjoy any fruits of success
- We go out of our way to make sure people know about our success or
- We take pride in what we do not show



Other Effects of the Fear of Failure

- Depression
- Sexual Dysfunction
- Chemical Dependency
- Addiction to Success
- Anger at Ourselves and God



Fear of Failure

- Success or failure is not the basis of our self-worth.
- Sometimes the only way we can learn this lesson is by experiencing the pain of failure.
- “When it’s best that I fail, don’t let my will prevail” (Hold Me Back by Jason Gray)

God's Answer: Justification

- I am completely forgiven & fully pleasing to God.
- In a future session, we'll find out how that can be true!!!
- For a sneak peek, read:
 - Romans 3:23-28, 5:1-11; Colossians 1:22

Small Group Discussion Time

Next Steps

- Prepare your heart and pray
- Read Chapter 4 and work through Step 4
- Invite others
- Next meeting:
 - November 26th

The Grid

<p>PERFORMANCE</p> <ul style="list-style-type: none">• All truth and no grace• Relationships are fake and performance-based	<p>GRACE & TRUTH</p> <ul style="list-style-type: none">• Relationships as God intended• Full knowledge & expression of truth in love
<p>ISOLATION</p> <ul style="list-style-type: none">• No truth or grace• No relationships	<p>TOTAL EXCESS</p> <ul style="list-style-type: none">• All grace and no truth• Behaviors are excessive and relationships are shallow