

Mind Matters

Fear of failure



ANEESA MOIDOO, PSYCHOLOGIST

When faced with a problem or an opportunity, I frequently pause or feel uncomfortable. Along with these feelings, I've seen a greater proclivity to delay, a reluctance to establish lofty goals, and a continuous self-doubt that persists even after tasks are completed. What are the possible causes for this feeling?

Thank you for reaching out and sharing your concerns. It's commendable that you are taking the initiative to explore the underlying factors contributing to your feelings of hesitation and anxiety. Based on your description, it does seem like there might be elements of a fear of failure influencing.

Fear of failure often has deep roots in a person's past. A critical or unsupportive childhood environment can make individuals reluctant to take risks as adults.

Similarly, different definitions of failure contribute to this fear. For some, any deviation from planned outcomes is seen as failure, creating unrealistic standards that are tough to reach. Striving for perfection intensifies the fear of falling short even more. Genetics also play a role; anxiety, including the fear of failure, can be hereditary. Family history may predispose individuals to develop similar fears and anxieties.

Perfectionism, marked by high standards, is another common source of this fear. The chase for flawlessness creates a constant feeling of inadequacy, amplifying the fear of not meeting self-imposed benchmarks. Traumatic experiences, like panic attacks during presentations or ridicule for performance, can leave a lasting imprint. Negative consequences, such as job loss or rejection, further solidify this fear.

While a certain level of fear is normal, it becomes a concern when it obstructs functioning. Recognizing root causes and seeking support, like therapy, can help address and overcome this fear, fostering personal growth and resilience.

Having said that there are some tips that can be practiced. The fear of failure, it's beneficial to visualize various outcomes, including worst-case scenarios, and devise plans on how to navigate through them. By mentally preparing for potential challenges as you pursue your goals, the anxiety associated with the fear of failure can be alleviated.

Redirecting focus onto controllable factors is another effective strategy. Rather than expending energy on aspects beyond your control, concentrating on elements within your influence empowers individuals and diminishes the pervasive feelings of fear.

Strategic planning for challenges is crucial when faced with situations that trigger the fear of failure. Developing alternative strategies and establishing contingency plans, such as a plan B or C, fosters a sense of security and actively reduces anxiety about potential setbacks.

A fundamental shift in the perception of failure is also essential. Rather than viewing failure solely as a setback, recognizing it as a natural part of life can be transformative. Embracing failure as an opportunity for learning and skill development can significantly mitigate the fear associated with it.

Cultivating positive thought patterns is another valuable approach. Guarding against negative self-talk that undermines confidence and breeds anxiety is crucial. By actively working on thinking more optimistically, individuals can maintain high levels of motivation, realizing that success often emerges from a sequence of learning experiences, each contributing to personal growth.

It's important to recognize that adopting these strategies is a gradual process, and being patient with oneself during this journey enhances the effectiveness of these.

(The views and opinions expressed in this article are those of the author and do not necessarily reflect the official policy or position of the Daily Tribune)

"While a certain level of fear is normal, it becomes a concern when it obstructs functioning. Recognizing root causes and seeking support, like therapy, can help address and overcome this fear, fostering personal growth and resilience."



Cooperation promotes loyalty and belonging

TDT | Manama

Minister of Industry and Commerce, His Excellency Abdullah bin Adel Fakhro, has affirmed the importance of enhancing cooperation with the Executive Office to implement more initiatives that raise the values of national loyalty and belonging.

Fakhro was speaking as he met with Brigadier-General Mohammed Bin Dinah, General Supervisor of the Executive Office of the National Plan. The meeting aimed at promoting the Spirit of Belonging to the Nation and Reinforcing the Values of Nationalism (Bahrainouna).

The Minister affirmed the prominent role of the National Plan to Promote the Spirit of Belonging to the Nation and Reinforce the Values of Nationalism (Bahrainouna), headed by General



Mr Fakhro and Brigadier-General Bin Dinah with other participants in the meeting

Shaikh Rashid bin Abdullah Al Khalifa, Minister of Interior and Chairman of the Committee to follow up the implementation of the national plan within the framework of community partnership.

Initiatives

Fakhro commended the initiatives achieved by the plan that embody the values of loyalty, good citizenship and social re-

sponsibility.

He highlighted the programmes and initiatives implemented by the Ministry within the initiatives of the National Plan (Bahrainouna), which include the "They Have a Fingerprint" programme, the "Made in Bahrain" initiative, the "Promoting Intellectual Property and Supporting Innovation" initiative; the initiative to organise the review and granting of trade

names periodically to ensure that they do not violate Bahraini values and customs.

Bin Dinah commended the support of General Shaikh Rashid bin Abdullah to enrich the outputs of the plan, expressing his appreciation for the efforts of the Ministry of Industry in continuing to implement initiatives and programmes in support of the values of the National Plan (Bahrainouna).

Unusual fog creates captivating landscape in Sakhir but raises safety concerns

Zahra Ayaz
TDT | Manama

Sakhir and its surrounding areas experienced an extraordinary weather phenomenon yesterday as a slight fog descended upon the region, transforming the landscape into a captivating sight.

The mist enveloped the roads, causing a considerable reduction in visibility in some governorates of Bahrain.

While the foggy weather presented challenges to the residents, it also provided an opportunity for local bike enthusiasts to showcase their skills and engage in thrilling stunts on the empty roads.

However, the significantly reduced visibility calls for extra vigilance from all residents and motorists. It is crucial for



The fog significantly reduces visibility on the road

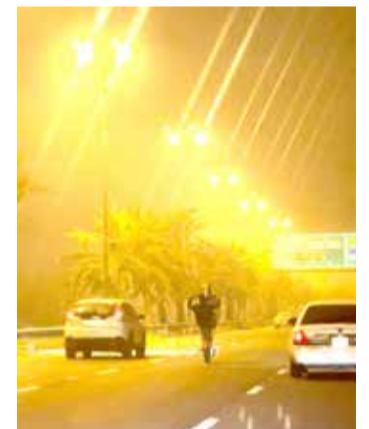
everyone to exercise caution and adhere to traffic regulations to ensure their safety and the safety of others.

Road safety

The Interior Ministry has consistently made efforts

to raise awareness, particularly among young people, about the importance of road safety.

In light of recent events, concerns have been raised regarding the dangerous stunts performed by bike riders in Bahrain. The Daily Tribune recently



highlighted the continued violations of road safety rules by these individuals.

While the fog may create an appealing backdrop for such activities, it is important to remember that reckless behavior can result in severe consequences.

Women staff honoured



Interior Ministry Undersecretary, His Excellency Shaikh Nasser bin Abdulrahman Al Khalifa, attended a celebration by the General Directorate of Women Police to mark Bahraini Women's Day. He honoured a number of the distinguished Ministry of the Interior's female affiliates, and hailed the support of Her Royal Highness Princess Sabeeka bint Ibrahim Al Khalifa, Wife of HM the King and President of the Supreme Council for Women (SCW). Shaikh Nasser bin Abdulrahman asserted the directives of His Excellency Interior Minister to support women's empowerment and their productivity.

Third-week camping season winners



His Highness Southern Governor Shaikh Khalifa bin Ali bin Khalifa Al Khalifa has honoured the winners of the best camp award of the third week of the camping season, in the presence of Deputy Southern Governor Colonel Hamad Mohammed Abdullah Al Khayyat and officers and officials of the Southern Governorate. The award which was launched by His Highness Shaikh Nasser bin Hamad Al Khalifa, His Majesty's Representative for Humanitarian Work and Youth Affairs, has been selecting the best camp for the 2023-2024 camping season. The award will continue every week until the end of the season on 29 February 2024. Those wishing to participate in the award should download the Southern Governorate app, select the (Tents) initiative, and complete the participation form.