

Fear of Failure

May 2

I have struggled a lifetime with my fear of failure, often believing I would be better off dead than trying something and failing yet again. So terrified was I of any success, I started and stopped half a dozen careers, preferring the ability to get away from myself as I indulged in illegal activities, I would do anything to not feel the sickening dread that never seemed to leave me. I was scared of change, and afraid of staying the same. I was terrified of living and terrified of dying.

Recovery shows that, while fear protects us when it activates our survival instincts and gets us out of dangerous situations, we don't need fear as a constant companion. Facing our fears and walking through them provides *proof* that we are better, stronger, and more courageous than we ever imagined.

The more responsibility we take for ourselves and our feelings, the greater is our ability to dissolve the fear of failure. But learning this lesson takes practice.

We must first learn to distinguish the true from the false. Journaling our truth using strong and affirmative language can be a start to visualize our transformation. We change our perspective and appreciate even our failures because they are the lessons necessary to reorder our thinking.

Are there days when we are still afraid? Yes. But those days become less frequent and less intimidating with practice.

Do we face our fears and do it, anyway? Yes, we do. We no longer shrink from fear or obsess. Instead, we look forward to the adventure because when we put down our fear of failure, *we can overcome anything*.

TODAY'S MEDITATION

Recovery reminds me through my daily walk with God, there is no need to fear failure as I am being led.

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"You'll always miss 100% of the shots you don't take." — Wayne Gretzky

