

FEAR OF FAILURE AND OVERCOMING

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Abstract

You cannot be afraid to fail in competitive sports. If you are afraid of failure you are never going to reach your peak potential in your particular sport. You will only be average. To be the best or to win, you have to fail and make mistakes first. This paper will describe why it is important to not be afraid of failure and how to overcome with it. You have to realize that you are going to make mistakes. You cannot be afraid of failure if you want to succeed. Everyone has failed from time to time in their sport. You have to have the attitude if I fail one day, everything is going to be fine. (Walters, 2015) In order to succeed in whatever sport you are involved in, you have to come to the realization that you are never going to be perfect. As human beings, we are not meant to be perfect. We are expected to make mistakes.



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Introduction

Athletes have a tendency to be afraid of one factor of sports. That is failure. Failure can be scary, overwhelming, and also intimidating. However, it is something that athletes have to face in their careers in order to succeed and accomplish their goals. (Walters,2015)

All athletes experience fear or anxiety at some point in their sporting career, but how does the fear of failure effect their actual performance? Fear of failure can have such a strong presence that it can hold you back from reaching your true potential, which is why it is so important to address the issue. In this article, I will look at some signs an athlete is experiencing fear of failure and what can be done to overcome it. (Pottratz,2013)

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Failure is important to grow as a person and more importantly as an athlete. Through failure you will learn from your mistakes. This will enable you to be the best that you can be in your sport. (Walters,2015)

Fear of failure can be truly detrimental to an athlete's success. As a coach or sport psychologist there are ways to identify if this is happening. A successful athlete will push

themselves out of their comfort zone and take risks, even if those risks could result in failure. An example of an athlete taking a risk is a quarterback who calls his own play instead of following suggestions being given to him by his offensive coordinator because he sees something different on the field that his coach may not. A quarterback understands that sometimes it will pay off and sometimes it won't, but that is part of the game. Taking too many risks is not necessarily a good thing and they do not always pay off, but it is a fundamental component of being a successful athlete. For some athletes, the thought of making a mistake in front of their coaches, teammates, or fans is so terrifying that they prefer to stay in their comfort zone and do as little as possible to avoid the risk of embarrassment. So, if an athlete is not taking any risks than it may be a sign they are experiencing fear of failure. (Pottratz,2013)

Significance of the study

This paper will describe why it is important to not be afraid of failure. And how to overcome with it.

The utter most reason

If you are afraid of failure, you are going to perform cautiously. When you become cautious, you become timid. Other competitors will notice this aspect of you and take advantage of it.

Overcoming with the fear of failure

The first step in overcoming fear of failure is acknowledgement that it exists and that it is affecting your performance. There will be no way to conquer the fear until this is done. Once this is done, the next step is to build confidence. An athlete without confidence will never succeed and will never overcome their fears. Building confidence can be done in a number of ways, but it often involves the use of optimism. Optimism can be used by the athlete within different methods such as self-talk or visualisation/imagery, and by coaches through praise and making sure they allow their athletes to have fun. Another possible intervention to help with the fear of failure is to look at the benefits of failure. This is not something that appeals to most athletes because they are often very competitive by nature and always want to win. But it is important to remind them that failure creates opportunity to learn and to grow, therefore, it does not always have to be seen in such a negative light. Another useful tool in overcoming fear of failure is to view the situation from a worst-case scenario perspective and then a best-case scenario perspective. What will be the absolute worst if you take a risk and it

doesn't work out the way you planned? Will you lose the game? Be eliminated from a tournament? Miss the chance to go to the Olympics? On the flip side, what good could come out of taking a risk? Looking at it from both sides will help the athlete see the benefits of pushing themselves out of that comfort zone and taking a chance to get them that much farther. (Pottratz,2013)

You have to realize that you are going to make mistakes. You cannot be afraid of failure if you want to succeed. Everyone has failed from time to time in their sport. You have to have the attitude if I fail one day, everything is going to be fine. (Walters,2015)

Conclusion

In order to succeed in whatever sport you are involved in, you have to come to the realization that you are never going to be perfect. As human beings, we are not meant to be perfect. We are expected to make mistakes. Mistakes will enable you to grow as an athlete. Once you realize that you are going to make mistakes, you will not be afraid to make mistakes. You will accept them and use them as an opportunity

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