

## EXPLAINING YOUR MISTAKES

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*How do you speak to yourself when you make a mistake?*

Especially if you tend to be self-critical, this exercise can help you being more realistic when you make mistakes.

*Answer these three questions to more objectively evaluate the situation:*

<b>ALWAYS</b> or <b>NOT ALWAYS</b>	Does this “always” happen? (Hint: it likely doesn’t.) What evidence do you have that it is <i>not</i> “always” happening?
<b>EVERYTHING</b> or <b>NOT EVERYTHING</b>	Do you fail at “everything” you do? (Hint: You don’t.) What evidence do you have that you are <i>not</i> failing at “everything” you do? What specifically did you fail at in <i>this</i> situation?
<b>ME</b> or <b>NOT ME</b>	What circumstances, or other people, caused the mistake or failure? Are you <i>alone</i> to blame? (Hint: You often aren’t.)

Remember to analyze your performance when you make mistakes (which are clearly your responsibility): What went wrong? Did you put enough effort into it? Did you use the right strategy? Did you prepare properly?