DEN MISSLYCKADE DRUIDEN



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Types of failure

It's fine. You're ok. We all do it. We all fail.

But do we really talk about it? I don't think so, which is why I've decided to compile some states of mind that can occur with failure. Too many emotions? Maybe, but also kind of interesting? And worth exploring once in a while? You know, as a part of life?



It was never that serious...

Light version of failure or rejection.

Might occur if you had really low expectations or did something spontaneous.

Easy to talk about, often makes for good stories.

Meh.

You knew this was going to happen.

Still not fun though.

Steeped in tiredness and a lack of motivation.

Might help to watch a good movie, have some snacks and take a nap to get back on track again.

Ow - my soul!



You really worked hard for something or wanted it with your whole heart.

Then you fail and feel like someone is stabbing your heart. Now it's broken.

You isolate yourself and wallow. Listen to the saddest music you can find and only come out when you're ready.

Express your sadness. Wear all black for a day. Hold a funeral for your hopes and dreams and mourn until you find something to live for again.

WTF?

Surprise! You're the worst!

Like when you thought you did well, but actually failed spectacularly.

Your self image is torn into bits, sense of direction and place in the world got tossed out the window.

To tackle this: touch grass. Stare into a wall. And listen to the weirdest music you can find.

Try to not make any life-altering decisions while you recalibrate.

- Nellie Rosberg, B24

The paths forward:

So what do you do after these feelings have come? What do they turn into when you've sat with them for a while? This is my answer:

<u>What failure?</u>

You can always just pretend it never happened. Try your best to lie to yourself and everyone around you.

<u>Change</u>

You gain something: an experience, wisdom, or a new direction in life.

<u>Revenge</u>.

You can't let it go. So buckle up; be unhinged. Prove them wrong.

Det eviga onda labb livet

Det börjar alltid med en naiv optimism. Med skakiga händer i det kyliga morgonvädret håller du upp mobilen och tar en snabb titt på dagens schema. Ett 5 timmars avlångt grönt block stirrar tillbaka. Du suckar, smått irriterad, och försöker skaka av dig känslan, men det är svårare än du tror. Du har varit här förut och vet vad som kommer att hända. Ändå försöker du tänka positivt för en gångs skull “Äh, det fixar jag”.

Rösten i ditt huvud låter självsäker, nästan nonchalant, och ett snett leende ritas på dina läppar. Självklart klarar du det, du som förberett dig hela natten för detta. Varenda faroangivelse sitter som ett mantra i bakhuvudet, ekande i ditt trötta sinne, *Causes serious eye irritation. If in contact, wash for at least 15 minutes and contact a doctor. Harmful to aquatic life with long lasting effects...* Du har plöjt igenom varje jämviktsreaktion, räknat om och om igen, försökt förstå vilka produkter som bildas, hur och varför. *Så ja, det här kommer gå bra, det här MÅSTE gå bra.* Med ett djupt andetag och spänd rygg kliver du in i labbet, håret uppsatt, rocken knäppt, skyddsglasögonen på. *Detta fixar jag*, intalar du dig igen som en slags bön. Verkligheten träffar dig dock snabbt. Handledaren pratar och gestikulerar i luften medan han pekar på tavlan, ivrigt förklarande av hur de olika försöken ska gå till. Du försöker hänga med, rädd att tappa fokus, men det går inte. En svag yrsel smyger sig på, och det blir allt svårare att hålla balansen.

Du skakar av dig känslan och försöker samla dina krafter när det är dags att börja. Sakta börjar du plocka ihop det material som behövs, börjar sortera, *Du har gjort värre saker. Du kan det här.* Men kaoset väntar på dig runt hörnet. Reagensen går inte att hitta. Du genomsöker varje labbänk, kastar oroliga blickar omkring dig, ropar frustrerat: *"Har ni det här?"* Ingen verkar höra dig. Minuten tickar på, förvandlas till en halvtimme, en timme, och du står fortfarande på samma plats, stirrande in i en vägg. Du kastar ett öga på instruktionspapperet som du har kunnat nästan utantill, till ingen nytta, allting verkar vara otydligt helt plötsligt, som om det är skrivet i ett främmande språk. Bokstäverna flyter ihop, orden mister sin mening.

Allting går fel. Produkten som borde ha bildats finns inte där. *Säkerligen någon felkälla*, försöker du intala dig själv, men innerst inne vet du inte vad som gått snett. Labbänken är dränkt i spillda kemikalier, lukten är skarp och luften är kvävande. Du backar, kollar på dina anteckningar, dubbelkollar beräkningarna. Ingenting verkar vettigt längre. Resultatet blir en absurd koncentration som får din handledare att rynka pannan. *Hur sjutton är det ens möjligt?* Du suckar uppgivet, försöker skämta bort det. *Well, här inne är allt omöjligt, möjligt.* Inget skratt hörs i närheten, situationen är så totalt katastrofal att det inte finns någon utväg. Fem timmar har passerat. Något annat än att ge upp finns det knappast att göra. Du plockar undan i tystnad. Det fina är att du slipper vänta på att diska, du är ju sist kvar. Ensam stirrar du ut i tomma intet, ifrågasätter allt.

"Bara du förklarar i diskussionen", hör du någon mumla. Du vet precis vad det innebär, timmar av kamp med labbrapporten. Hur ska du ta dig till väga, dina mätpunkter kommer inte ens att bilda någon graf, hälften är rena gissningar, observationerna är bristfälliga.

Du lämnar labbet med blicken sänkt, trött och besviken. *Skönt att det är över i alla fall.* Fundersamt tar du upp mobilen för att se vad för gott som du kan köpa för att unna dig. En notis blinkar till på skärmen:

Canvas: Laboration 3 – Spektrofotometri. Onsdag 08:00 nästa vecka. Obligatorisk närvaro.

- Nawal Al Hakim, K23





InfUs spellista

Vad lyssnar du på när känner dig misslyckad?

Mohita: A Fool's Expedition- The Garden

Rasmus: I'm Not Okay (I Promise) - My Chemical Romance

Saga: You Fucked Up - Ween

Nellie: Andromeda - Weyes Blood

Vera: I'll Make a Man Out of You- Donny Osmond

Nawal: Privilege - The Weeknd

Hanna: bad - wave to earth





Skanna på spotify för att lyssna!

Fear of failure



I hate to tell you this, but you might be sick. Not with a cold or anything like that, but with a crippling fear of failure. For example, you scrolling endlessly on your phone while schoolwork lays untouched, that's a symptom! Or if you can't sleep because you're thinking about everything you have to do (or didn't do), that's also a sign. There are many more of course, but generally a fear of failure means that you avoid something when there's a potential that it doesn't go well.
To understand why this happens, though, we must involve some psychology, but I promise it's worth it, because we might just find a cure.

Our brains are endlessly enigmatic. Their chemical impulses supposedly govern all our actions and moods, all while our environment shapes both who we are and what we do. There might be a pattern to all of it, specifically our behaviour, which is what the whole "psychology" thing is about. In our case, psychology can give a broad explanation as to why we fear failure, or in extreme cases have a phobia linked to failure. Most commonly, it arises from one's environment, which could mean that you grew up with high expectations from parents or had an abnormally competitive schooling experience. It is also possible that a significant failure in the past, with serious consequences, could've caused the fear. Other types of stress in one's life, along with additional disorders, often worsen the fear.

A fear of failure is also a self-fulfilling prophecy. It fuels itself through avoidance and isolation, feeds on the exam you skipped, the interesting hobby you didn't try, or the relationships with people you sourly abandoned because you didn't believe they could last.

I don't mean to scare you if your only offense is skipping an exam or procrastinating, but at the same time I don't think anyone is immune to getting stuck in a negative spiral. Especially since life can twist and turn into some pretty chaotic constellations. But how, then, do we prepare ourselves to deal with failure? Or the fear of it? Well, there are a few things that could help. Firstly, a strong and kind support system. People that you feel comfortable around even if you aren't the smartest, best version of yourself are ideal. If you notice that a fear of failure creeps into phobia-territory, it's even more important to talk to someone about it. Maybe a trusted person in your life, or a medical professional. And a side-note: you might also want to lay off caffeine and alcohol if you're stressed or anxious. Okay… That sounds difficult, I hear you. So maybe another approach?

Maybe we can try some exposure therapy? In this case, that would be failing. Just doing it, over and over. I guess you would have to start small. By doing inconsequential things that might not work out. Like trying to draw something or cook a new meal or something else that's not already "your thing." The next level then, might be joining a new sport, or applying for a job that's out of your league. You probably won't get it. And I bet you'd even quit the sport or hobby you picked up. But do you know what you did? - You tried. You didn't fail at trying, which I'd honestly say is better than doing nothing at all. In the process of turning "failing" into "trying", I think it's hard to not fall in love with the process. I think it's hard to not like the thrill of challenging your brain's most sick and rotten parts. And then come the results. Often not



what you expect, but things that stochastically snowball into other, sometimes more fulfilling, iterations of your life. For example, you might try to take a pottery class where you meet your future spouse. Or you realise mid job-interview that you'd rather sail across the globe and then do just that. It's all a bit of a gamble, trying new things, but you'll probably get used to that over time. And in the end, it's your turn to face the fear with a spiteful glee rather than letting it rule your life. So you're cured now, right? Well, yes you are. Congratulations!

- Nellie Rosberg, B24



Lista på småsaker jag misslyckats med:

X Hålla smörpaketet borta från korre-golvet

X Öppna köksluckor utan att allt ramlar ut (på mig)

X Inte spilla drinken i knät på festen



X Inte stämpla mig själv på fotbollsplanen

X Inse att automatöppnaren till B-ingången inte funkade

X Äta nudlar utan att det skvätter i hela ansiktet

X Dra upp persiennerna på morgonen utan trassel

X Förstå dubbla negationer





- Hanna Östgren, B23

When science goes wrong

Nawal Al Hakim, K23



Radium: A Deadly Glow

Marie Curie's discovery of radium won her two Nobel Prizes, but people at the time didn't realize how dangerous it was. In the early 1900s, radium was put into medicine, cosmetics, and even drinks because people thought it had health benefits. Factory workers known as the "Radium Girls" painted glowing watch dials with radium, licking the brushes to make finer points. Sadly, they later suffered terrible radiation poisoning



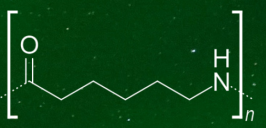
TNT: from Nothing to BOOM

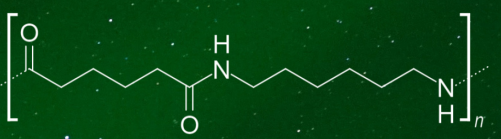
(I wish they had never figured out how powerful it is...)



TNT (trinitrotoluene) was discovered in 1863, but at first, no one thought it was a good explosive. It didn't seem to detonate easily, so scientists ignored it for years. Later, they realized TNT needed a special detonator to set it off. Once this was discovered, TNT became one of the most widely used explosives in the world





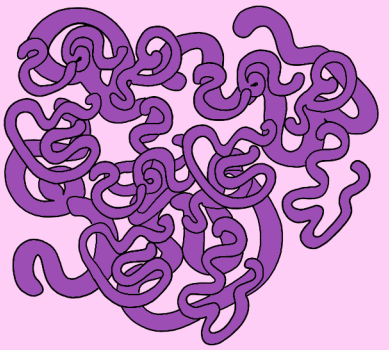


Nylon: A Lucky Mistake

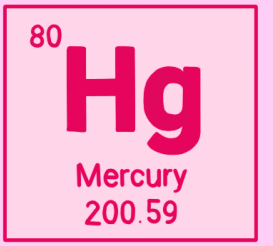
Not all chemistry failures end badly! In the 1930s, a chemist named Wallace Carothers was trying to create new materials. He accidentally made nylon, a strong and flexible fiber that changed the clothing and plastics industries forever

Chemistry pickup lines

To shoot your shot with

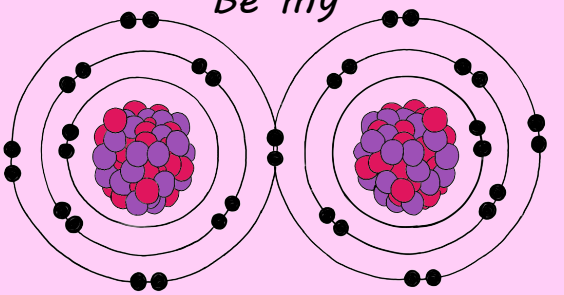


You're so hot you denature my proteins

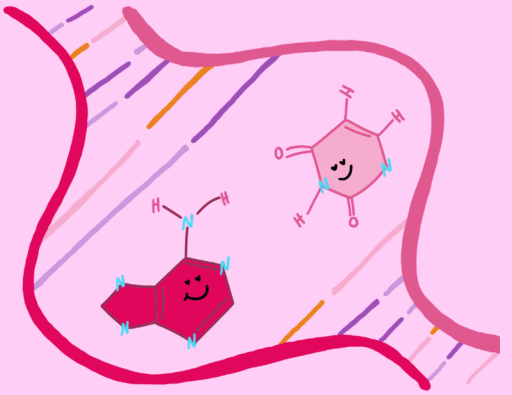


A hug without u is just toxic

Be my

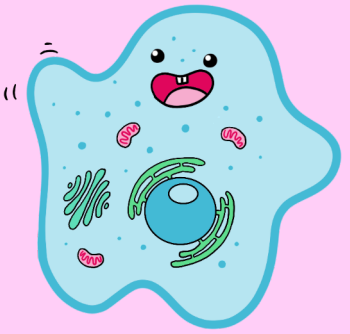


Covalentine

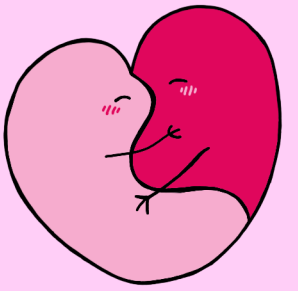


I wish I was adenine so I'd get paired with U

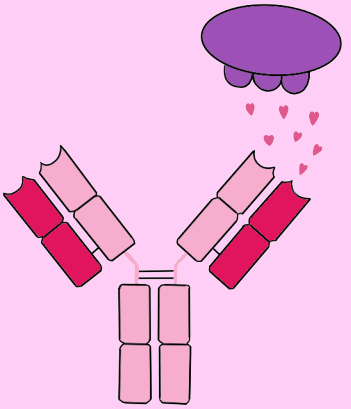
- Hanna Östgren, B23



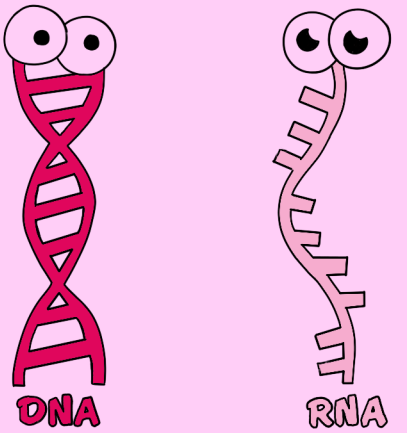
You must be the one for me because my selectively permeable membrane let you through



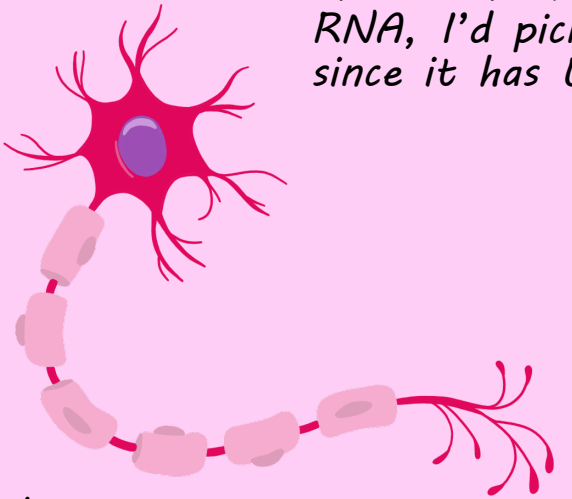
You ar the substrate to my enzyme



Be my epitope



If I had to pick between DNA or RNA, I'd pick RNA since it has U in it



You've got potential

Ask InfU

How do you cope with failure?

Rasmus - distraction: I try my best to not think about the things that make me feel bad. Usually I try to do things, like playing a game, watching youtube or drawing. Trying to distract my brain for some time so I don't feel too awful. After some time has passed it doesn't feel quite as bad anymore and I can try again.

Vera- Rethinking and drastic changes: I often find myself thinking of all my life decisions that lead me to failure. I want to get to the root of the problem to know why it didn't work out for me. This can take some time. During this period, I tend to find myself playing on my PS4 or taking a lot of walks in the Botanical Garden. If I conclude that I am unhappy I will often immediately change something fundamental in my life, even though people sometimes advise against it. I see no point of repeating the same destructive patterns. However, if I figure that it's not that deep I will just get a new tattoo and tell myself that life goes on.

Saga - Stage 1: Cry. I cry rivers, but only as long as nobody is watching. Stage 2: Avoiding any thoughts about it - if I don't think about it, it does not exist. So I clean. It sneaks up on me slowly, I start picking up old socks from the floor, next I do the dishes, my laundry, vacuum the floor and then I find myself scrubbing off years of built up dirt from every pan in the kitchen cabinet, making them shine like never before. Stage 3: Sleep. When there is no more cleaning left to be done, my body starts feeling how drained of energy it truly is. So I curl up in bed, hugging my pillow, and I fall asleep. When I wake up again, I make damn sure that I never repeat those mistakes ever again. (But I will, trust me.)

Nellie- Existential crisis: It takes a while for my failures to sink in, especially the big ones. And I usually don't like to pretend that it didn't happen, so I face it head on. That means being almost paralyzed, not being able to think properly, or move about in the world like I usually do. But after a while of being out of touch with reality, I can come back even stronger. Some of the best decisions I've made in my life have actually been after failing terribly. In all, I think failing gives me more perspective on my life, even though it also sucks to really face it.

Hanna - bed rotting. I've heard it could be a bit problematic to use this expression if you've never experienced an actual depressive episode, but it's the best way to describe it. I like to just lie in bed and scroll endlessly. I can easily spend an entire day in bed - although I won't feel very good afterwards (mentally or physically). But especially if something bad has happened or if I feel like a bit of a failure, just give me some time to lie in bed by myself and not think about everything.

Mohita- Comfort and delusion: I often talk to a loved one to seek comfort- for reassurance or to let out how I feel. Otherwise I just convince myself that the "failure" was meant to happen and is for the better in the long run and stay delusional like that lol. In the end I know that I did my best, despite the circumstances and that is what matters the most.

Nawal: I used to blame myself endlessly. Being an overachiever, failure always hits me hard. But I've gotten much better at handling it, accepting that life can be brutally unfair sometimes, and realizing that some things are simply out of my control. When things don't go my way, I try to make peace with reality through faith, seeking guidance and comfort from God. And honestly, that usually helps.

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