



What to do with... the fear of making mistakes?

I 5 PASSI DA AFFRONTARE

#1

IT HAPPENS TO EVERYONE

We may feel insecure about our abilities, think that a goal is too difficult to achieve or that others are better than us. Let's talk about it with other people! Maybe they are experiencing the same situation as us and have advice!

#2

LET'S THINK POSITIVE

The fear of making mistakes blocks us because it makes us think more about everything that could go wrong instead of the good things we could achieve. Let's think about the good that is there and not just the difficulties, the path as well as just the goal!



#3

LET'S GET READY

Before making a choice or organising ourselves to achieve a goal, let's think about the difficulties we might encounter and the possible solutions and resources we have. Let's think constructively!



#4

ONE THING AT A TIME

If we feel very overwhelmed thinking about all the things we have to do and the goals we have to achieve, tackling things one at a time can help us a lot to feel better!

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#5

Write to U-Report On The Move on the U-REPORT APP, on Whatsapp or Telegram!

If the fear of making mistakes blocks us too much and makes us feel alone, we can talk to someone about it and/or seek professional help, such as a psychologist!

