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## Failure is not final

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### *How to snap out of the victim mentality*

When the business that I ran successfully for a few years, collapsed I became despondent and considered myself a failure. Several people who I spoke to commiserated with me and yet there was little relief in their sharing.



For several months I wallowed in self-pity and blamed myself and whoever I could as contributing to my perceived failure.

Martin Seligman, as he is quoted by Sheryl Sandberg in her book *Option B* 'elucidates what happens to people like me when we construe ourselves failure.

We personalise our failing, believing we are at fault; imagine and believe that the failure will affect all areas of our life and that this failure is permanent.

So long as we blame ourselves and those around us, we delay our recovery. We don't merely suffer, we keep thinking about the fact that we suffer. Thus we cultivate what some people call 'victim consciousness' ie savouring victimhood even when we have passed the point of failure.

What might help is offering kindness to ourselves, to respond to our errors and concerns with self-compassion recognising that our imperfections are part of being human.

I have also found that if I seek out those who I have loved and shown affection to on my way up, they are likely to envelop me in their loving arms on my way down. All I need assurance of is that I am not alone.

Sheryl Sandberg quotes a prayer, which reassures me 'that I am Life's longing to be lived' and so I may tell myself, 'let me not die when I am still alive.'

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