

Fear of Failure

Phobias are irrational fears related to specific objects or situations. If you experience atychiphobia, you have an irrational and persistent fear of failing.

Fear of failure may be part of another mood disorder, anxiety disorder, or eating disorder. You may also deal with atychiphobia at times throughout your life if you are a perfectionist. Because perfectionists have such high expectations for how they expect things to turn out, they may experience a nagging fear that they won't live up to those often unrealistically high standards.

Symptoms

Not everyone will experience this type of fear in the same way. The severity runs along a spectrum from mild to extreme. Phobias like atychiphobia can be so extreme that they completely paralyze you, making it difficult to carry on with your tasks at home, school, or work. You may even miss out on important opportunities in your life, both personally and professionally.

The other symptoms you may experience with atychiphobia are similar to those you would experience with other phobias. They may be physical or emotional in nature, and they are likely triggered most when you think about certain situations in which you may fail. In some cases, your symptoms may seem to come out of nowhere at all.

Diagnosis

If your fear of failing is severe enough that it has started to affect your daily life, you may have atychiphobia. A doctor can help diagnose this phobia and suggest treatments to help.

At your appointment, your doctor may ask you questions about the symptoms you are experiencing. They may also ask about your psychiatric and social history before using different criteria to make a formal diagnosis.

In order to be diagnosed with a phobia, you must have had symptoms for six months or longer.

Other criteria include:

- excessive anticipation of situations that bring on fear
- immediate fear response or panic attack to situations that bring on fear
- self-recognition that the fear is severe and irrational
- avoidance of the situations and objects that may bring on anxiety

Resources:

Growth Mindset kit

What is the fear of failure?

<https://www.verywellmind.com/what-is-the-fear-of-failure-5176202>

7 Ways to reduce the fear of failure

<https://blog.innerdrive.co.uk/7-ways-to-reduce-the-fear-of-failure>

Why failure is good

<https://growkidsminds.com/gkm008-why-failure-is-good/>