

Hostage week 1 Always on Stage

Answer the following questions as honestly as possible on the scale below.
Total your score to see how performance and fear of failure may impact you.

This information is just for you and you will not be asked to share results.

1 2 3 4 5 6 7
Never Very Seldom Seldom Sometimes Often Very Often Always

Question	Score
1. Because of fear of failing or looking stupid I often avoid participating in certain activities.	_____
2. When I sense I might fail in some important area, I become nervous and anxious.	_____
3. I am a worrier.	_____
4. I have unexplained anxiety.	_____
5. I am a perfectionist.	_____
6. I feel like I have to justify my mistakes.	_____
7. There are certain areas in which I must succeed.	_____
8. I become depressed when I fail.	_____
9. I get angry at people who I think cause me to fail.	_____
10. I am critical of myself.	_____
Total Score	_____

Scoring

- 0 -26** Virtually free from fear of failure.
- 27 -36** Small fear of failure only in certain situations.
- 37 -46** Moderate fear influences your decisions to minimize your risk of failing.
- 47 -56** High fear of failure. Emotional lows are tied to fear of failure, or belief you have already failed in some way. Nearly all decisions are designed to avoid risk of failing.
- 57 -70** Overwhelming fear of failure. Probably feel steadily depressed. Experiences of failure probably fill your memories.

* adapted from "Search for Significance" by Robert McGee

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Symptoms of the Performance Trap

Perfectionism – sounds good, but has a weakness that ties our self-worth to our completion of a project and a judgment of the project is a judgment on us.

Avoidance of Risk – Not willing to try things we might not succeed at. Can't see the fun in just trying or experiencing something.

Anger and resentment – When we feel that we, or our work is being criticized. They are attacking me.

Pride – Self-worth is based on success so when it is reached after so much striving the person judges others.

Anxiety & Fear – that we might fail in front of people.

Depression – We fail to reach the high standards we set for ourselves and then feel worthless when we cannot meet those standards.

Dishonesty – any attempt to hide our failure by embellishing our accomplishments to gain credit for ourselves, or lying to avoid blame for failure.

Low Motivation – unwilling to get involved in anything because we cannot get instant gratification from success. Don't try rather than risk failure.

Chemical Addiction – Try to mask or ease the fear of failure. Give up competing with everyone else. Takes away pressure to perform.

“under the stress and strain of trying to live with a self he can't like, a God he can't love, and other people he can't get along with, the strain becomes too much. And one of two things happen: either there is a breakaway or breakdown.”

David Seamands from “Healing for Damaged Emotions”

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