

Learning From Mistakes

by Angela Poch www.BodyMindHealthCoach.com

Mistakes Happen

To err is human, so the saying goes. Why is it we hold ourselves to some imagined perfectionist ideal? It is certainly a cognitive distortion to think we will never make a mistake, never fail. The only real failure is in failing to learn and move on. Another problem with holding on to mistakes or guilt for making the mistake, sometimes we look back knowing the answer because of the outcome. We can't look back with our current knowledge and criticize ourselves but we can use the experience to create a solid understanding of how to move forward in the future.

Learning From Yours

What have you learned from the mistake?

Did you have all the information to begin with before making the mistake?

Having made this mistake, do you now have more information you can use for future decisions?

Were there other problems that arose out of making this mistake?

Have you been able to correct those problems?

If someone you cared about made this same mistake, what advice would you give them?

If someone you cared about made this mistake, would you forgive them?

Have you forgiven yourself?