BAD EXPERIENCES – The Perspective For Learning

How Did Things Go So Wrong…or not?

LEARN IT

“Oh No..Not Again!”

I. PUTTING YOUR PROBLEMS INTO PERSPECTIVE

A. Bad Experiences Give Us Some ____________________:
   1. Stupidity
   2. Anxiety
   3. Frustration
   4. Despair

B. Accept Your ___________________
   1. Sometimes the most important person we can forgive is _____________

C. Learn To ____________ At Your Self

   It is OK to laugh at yourself – many people already do!

   1. Laughter is like changing a diaper – It doesn’t permanently solve any
      problems, but it makes things more acceptable for a while
D. Keep The __________ Perspective

1. When you have had a bad experience, which one of these phrases reflects your thinking? Notice the progression of improvement on each statement:

   a. I never wanted to do that task to start with, ________________?
   b. I am a failure and ________________
   c. I want to give up and ________________
   d. I’m gaining experience from my mistakes; ________________?
   e. I now know a few ways that won’t work, ________________.

2. Don’t base your self-worth on a bad experience

LIVE IT
“It’s Easy To Be Average”

E. Don’t __________________________

1. Failure is the __________ of seeking new challenges

2. 90% of those who fail are ________________; they simply quit

3. There are two kinds of people with regards to setback:

   a. __________________________________
   b. __________________________________

4. Success lies in having made the effort; failure lies in never having tried

5. Most failures are people who have the habit of ________________

   100% of things not tried, never happen
   100% of efforts never given, don’t succeed
F. Don’t Let Your Bad Experiences Become Worst Experiences

1. Remember: Stupidity or Ignorance?

<table>
<thead>
<tr>
<th>Bad Experiences Based On Ignorance:</th>
<th>Bad Experiences Based On Stupidity:</th>
</tr>
</thead>
<tbody>
<tr>
<td>I didn’t know better, so I did it</td>
<td>I knew better, but I did it anyway</td>
</tr>
<tr>
<td>I didn’t know better, so I didn’t do it</td>
<td>I knew better, yet I didn’t do it</td>
</tr>
</tbody>
</table>

A __________________ can address this
____________________ needed here!

G. Let The Bad Experience Lead You To __________________________

1. Attitude will determine the degree of the next bad experience

Make your critics your coach

LEAD IT

“If You Think Failing Hurts This Time, What Will It Feel Like Next Time If You Didn’t Learn This Time?”

Discussion Question Options
Learning Opportunities

• How do bad experiences tend to make us feel?
• How do bad experiences tend to make us look at our world?
• What are some ways to adjust when we have a bad experience?
• Think of someone you know who has experienced adversity, problems and bad experiences:
  o What can you do to reach out to them?
  o Don’t forget to laugh with them!

Read the next chapter this week: CHANGE – The Price Of Learning