

Preparation For Session G81 - Failure

Life is full of failures, although we don't always label them as such. There are times when we burn the rice or go to the store returning with full grocery bags forgetting the one thing that we went for in the first place. There are however, times where a failure is a huge boulder in the path of life. These are the failures that have a profound effect on our life. Sometimes they alter the course that we had plotted for our life, and sometimes they teach us something new or alter our behavior. Only by allowing failures to continue to haunt us do we prolong them.

1. Think of a life changing failure you have experienced. How did it change your life? Was it a change for the better? Do you think you could have made the change in any other way?
2. Think of a failure that you feel has helped define who you are. Do you think that you were like that before the failure and didn't see it, or did the failure actually change you?
3. Have you ever had any failures that you personally don't feel are failures, but you are sure that someone influential in your life or society at large would consider a failure? If you admitted that failure to the person who influenced you did they look at it as a failure?
4. Have you had any failures that haunted you (or still haunt you)? If it was in the past what helped you get past the failure?
5. Since we are the total of our successes and our failures, do you think that you are able to own your failures?