
There is no Failure, Only Feedback

(July 04) Imagine the possibility of knowing that in every situation there is value: learning, emotional growth, insight, fun, etc.... Now, MAKE IT SO!!! Too many people beat themselves up...giving themselves a hard time about “what they should have done”, “what could’ve happened”, “only if”... “I wish”... etc...AAHHHHH!!!! It’s enough to drive someone crazy! How many of you relate to the “Failure Gremlin” who reminds you of the should’s or even warns you of your likely failure again... The list goes on. The NLP presupposition “There is no failure only feedback” addresses this. If in every so-called failure we found the inherent value, how does that shift your thinking? How does that shift your feelings?

Hear me now... All failure is feedback, without the remorse, without the grief, without the self be-rating.... All failure is feedback; feedback with added joy, excitement, wonder, curiosity and more!

How can this be? Because every single instance of what you used to refer to as failure is an opportunity... an opportunity for you to learn, to improve, to change, to shift...or in coaching terms, to forward ourselves. Now, this can happen and I have had many a client or workshop participant tell me how wonderful it is to see the world through these rose colored glasses! (Isn’t that another gremlin? That we’re not supposed to look at the world through those wonderful rose colored glasses?) I LOVE MY ROSE COLORED GLASSES! Imagine.... possibility after possibility, enjoying each and every moment, everyday!

Many people I know are very caught up into “examining failure”... This type of medical model mentality begins in grade school or before. Remember when you got your papers back, with the red check marks!? The teachers were consistently reminding their students about what they did wrong...not what they did right! Or “therapists” as they are so often called who focus on what is “wrong”, instead of what the clients wants! Is it really important to focus valuable time and energy on insight into why or how something is “wrong” or not working? Or instead focus on what will work better, what other options to explore? How you want to think, feel and act!?

When someone comes to me about feeling depressed, or experiencing stress, certainly examining the pattern and “cause” might be useful in some cases, but more often than not, I am interested in pointing their brain in another direction, like “what do you want?”, or “how do you want to feel?” Or what changes do you need to make in your life so you feel less stress, more peace? Etc... Learn NLP; learn to live see every error, every alleged “failure” as another opportunity for improvement...another possibility... HOW COOL IS THAT? Do it and tell me how it works!

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