

THE SEARCH FOR SIGNIFICANCE

Session 2 - The Performance Trap

Big Lie #1: The Performance Trap - *"I have to accomplish certain things in order to feel good about myself."*

Fear of Failure Self-Test

Read the following statements and write the appropriate number in the blank space next to each statement, based on how you think that statement describes you.

1 = Always

2 = Very Often

3 = Often

4 = Sometimes

5 = Seldom

6 = Very Seldom

7 = Never

1. ___ Because of the fear that I won't do well, I avoid joining certain activities.

2. ___ When I sense I might fail in some important area, I become seriously nervous and anxious.

3. ___ I get really stressed.

4. ___ I am a perfectionist.

5. ___ I feel anxious for no real reason.

6. ___ I have to defend my mistakes.

7. ___ There are certain areas in which I have to succeed.

8. ___ I get depressed when I fail.

9. ___ I get mad at people who do things that make me look like I don't know what I'm doing or make me look stupid.

10. ___ I am critical of myself.

TOTAL: _____ (Add all your answers)

57-70: Virtually free from fear of failure **47-56:** Very small fear of failure

37-46: Moderate to strong fear of failure **27-36:** High fear of failure

0-26: Overwhelming fear of failure

1. Take the quiz on the front page. Based on your score, to what degree do you struggle with the fear of failure? Which item(s) did you give the highest number to?
2. Are you more likely to tolerate failure in your friends' lives or your own? Why?
3. What are some specific things that might be different about your life if you could get beyond the fear of failure?
4. Do you feel that you have to be successful in order to feel good about yourself? In what areas do you feel the greatest need to succeed?
5. Read Isaiah 64:6. What does this passage tell us about our attempts at being righteous? Read 2 Corinthians 5:21-22. What does this truth mean for our standing with God? What is a Christian's right standing with God based upon? How can this truth help you to overcome The Performance Trap?