How you react to failure

Try to express your situation by answering the following questions as honestly as possible.

- What does this exam failure mean to me?

- What changes has this brought to my life?

- Three words I associate with failure:

- What emotions did I recently feel on the subject? How do I explain them?

- Should I talk about it to someone I trust? If so, who could that be? What should I really clarify?

- When I think of myself in three years’ time, will this failure have done something for me? If so, what will I have gained from it?

- Summarise your thoughts in one sentence: