# The Expert Says – Winter 2016

Three effective ways to conquer the fear of failing in front of others

December 5, 2016 By Kate Ferguson

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Distract yourself.

Take a walk, listen to your favorite music or watch an interesting movie. When we stop focusing on our faults and foibles, we can help reduce obsessive self-awareness.

Squelch your desire for other people's approval.

Realize that you and your opinions and experiences have value despite any criticism you face. What's more, take care to distinguish between constructive and destructive comments.

Be realistic about how severe any damage might be to you socially.

Evaluate objectively what might be the worst that could happen if you lose status in the eyes of others. Sometimes, by imagining worst-case scenarios, you can defuse feelings of anxiety because you've already dealt with these possibilities and understand that your life can and will go on.

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