**FEELINGS**

Anger towards oneself

Anger towards others

Anxiety

Betrayal

Betrayal

Blame towards oneself

Disappointment

Disappointment

Disappointment in others

Disappointment with self

Fear of harm to one’s reputation

Fear of negative perception from others

Fear of permanent change

Feeling of disappointing others

Feeling of failure outweighing any past success

Frustration

Frustration

Frustration

Frustration about having to deal with consequences

Frustration about long term effects of failure

Gratitude towards experience

Guilt

Neutral

Regret

Regret

Regret

Resentment

Sadness

Sadness

Scarring experience

Scary

Self-doubt

Shame

Suspicious of others

**ACCEPTING FAILURE**

Acceptance of situation

Accepting failure

Accepting failure as part of life

Either win or learn, no such thing as losing

Failure does not define all of you

Failure is a part of growth

Failure is blessing in disguise

Failure is part of the normal learning process

Failure leads to greater self-awareness

Inevitable nature of failures

There are lessons failures teach you about yourself

**LEARNING POINTS**

Be careful

Be careful and precise

Calm down, do not worry

Failure can lead to loss of trust in another

Failure can result in damage in terms of time and money

Failures force one to re-evaluate personal and academic values

Fragility associated with one’s reputation

Hard work can reverse impressions

Have complete self-reliance

Importance of being prepared

Importance of hard work regardless of prior expectations

Importance of own on attitude towards event

Importance of reputation

Inability to control events

Pay less attention to what people think

Reputation is contextual

Stay curious

Try again

Understanding failure from others’ (involved) perspectives

Work harder on commitments

**SURPRISE**

Experiencing failure for the first time

First experience with failure

Surprise towards the failure

Unexpected event

**PROCESSING**

Constantly revisiting event

Lessons gained are used today

Months for processing

Need to process failure

Need to process failure oneself

No long-term effects

**CONTRIBUTING FACTORS – BY OTHERS**

Expectation from others to excel all the time

Failure to meet others’ expectations

Having no chance to explain oneself

High expectation from others

Lack of empathy from others given a situation

Lack of support from others

Lack of understanding from others

Lack of understanding from others

Lack of understanding from others given a situation

No opportunity to explain oneself

Pressure from others

Public shaming

Public shaming

Unjust treatment

**CONTRIBUTING FACTORS – BY SELF**

Differences in expectations (from oneself and others)

Failure to meet one’s own expectations

Fear of disappointing others

Fear of disappointing others

Feeling of not doing enough

Feeling unprepared

High expectation from oneself

High expectation from self

Inability to anticipate a situation

Inability to control the situation

Lack of experience

Lack of motivation

Not being equipped to deal with failure

Overconfidence in one’s own abilities

Self-imposed expectations to perform

Too much pride to ask for help

**COULD BE HELPFUL**

Chance to explain oneself

Chance to talk through the event

Environment where mistakes are OK to be made

More guidance

Proper guidance and supervision can make a difference

Support from others

Understanding the cause of the event