

Strategies to Mentally Overcome Mistakes

Transform mistakes into opportunities for growth with these mental performance strategies.

Adopt a Growth Mindset



A growth mindset is the belief that your skills and abilities can improve through effort, learning, and feedback. You see, each mistake is a chance to learn something new and refine your approach.



Think back to the last mistake you made.
Write down one thing you learned from this experience.

Example: I bombed my first debate but learned from others how to prepare better arguments.

Use the Triple P Technique

Pause - Picture it - Process

The triple P technique can be used to manage emotional spikes, regain composure, and make intentional choices, especially in high-pressure situations.



Pause:

Think about a mistake you've made in the past that you're afraid of repeating. What was going through your mind at the time? How did your body react?

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Picture it:

Imagine making the same mistake again.
What's the worst that could happen?



Process:

Reflect on the original mistake. What actually happened?
Were the consequences as bad as you'd imagined them to be?
Were they different or even better?



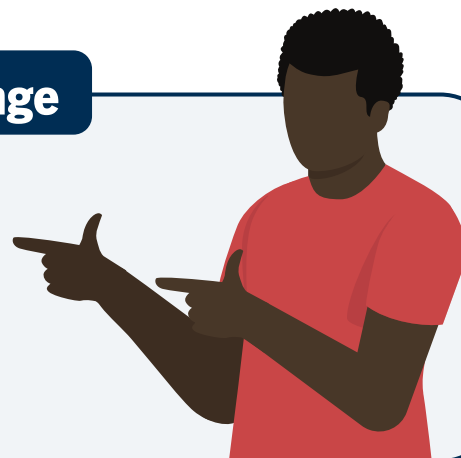
Remember what the Triple P technique has taught you and see the results as evidence of how much you've already grown.

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Use Catch - Check - Change

Use the Catch - Check - Change framework to turn negative thoughts into constructive, positive self-talk that helps you move past your mistakes.



Catch

Be on the lookout for negative thoughts or self-talk after a mistake. Notice them early and don't let them spiral out of control.



Check

Examine your self-talk.
Is it realistic and fair?
What evidence supports it?
Why do you feel this way?



Change

Turn the negative thought into a short, personal, positive phrase that's rooted in truth. Repeat this when pressure builds.

Catch

Write down a negative thought that has previously appeared.

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Check

Examine your self-talk. What were you saying? Was it fair or accurate?

Change

Rephrase that negative thought into a short, personal, positive phrase.

When you catch yourself thinking negatively, use what you've practiced here to reframe it as proof that you can change the conversation in your head.



Learning to overcome mistakes with confidence and perspective is a skill you build over time. When you pause to reflect, reset, and apply what you've learned, you strengthen your mental performance skills and your ability to face what's ahead.