

BROMFIELD'S SUCCESS CYCLE

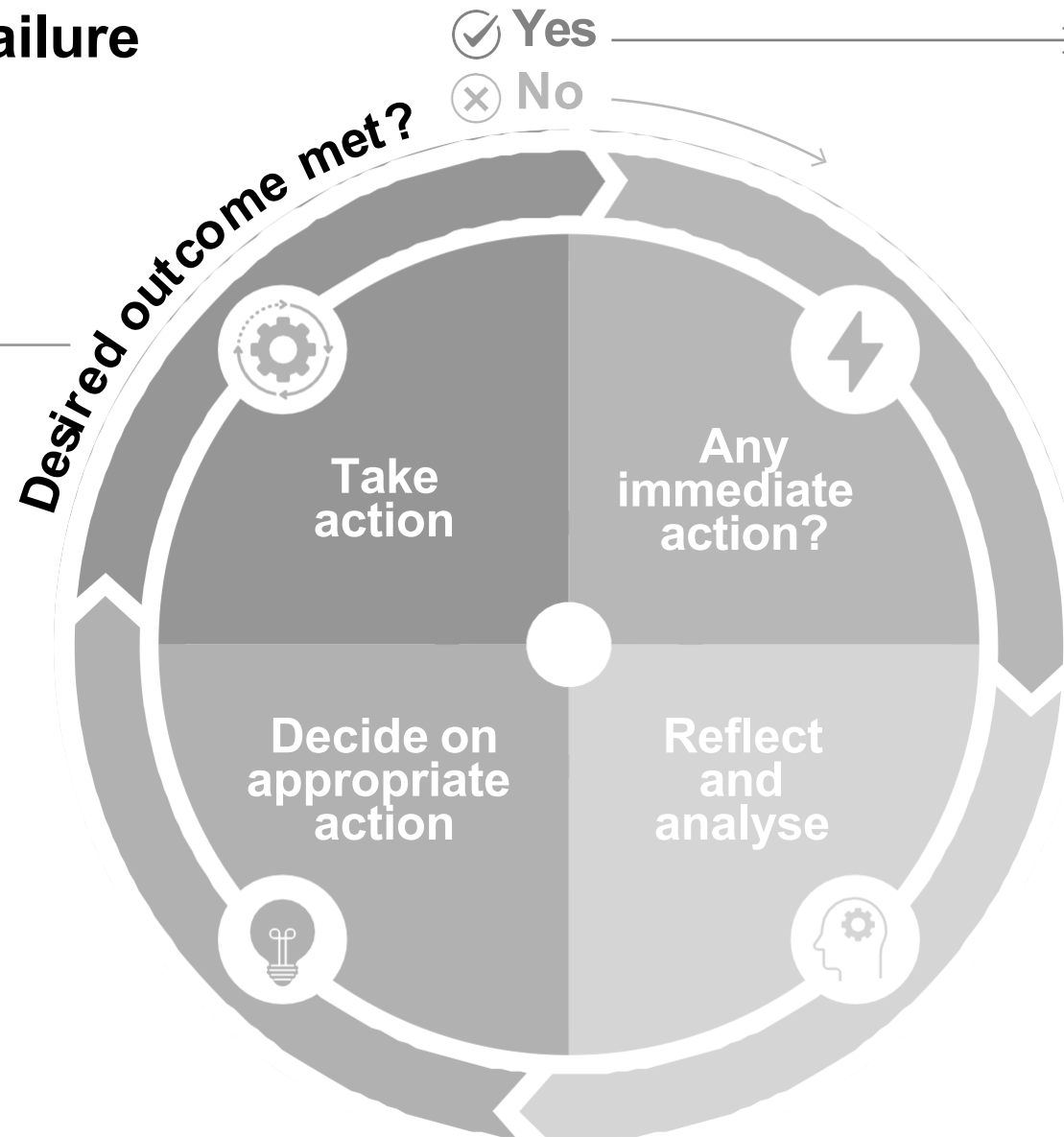
Reflective steps to recover from failure

4

Written plan? Detailed and realistic? Contact help?
Talk about it?
Try again?
Different outcome?

3

Possible options?
Change behaviours?
Change attitudes?
Manage feelings?
Sources of help?
Realistic?



Success!



1

Inform anyone?
Take a pause?
Essential information?

2

What happened?
How serious?
Within your control?
Anything to learn?
Make changes?
Feelings?

Is immediate action required?

1. Do you need to inform anyone? E.g., your employer.
2. Do you need to take a pause to get over the shock of the failure?
Acknowledging the difficult emotions caused by failure and taking a pause to gain clarity can prevent unhelpful behaviours, decisions and actions. E.g., giving up.
3. Make sure you are aware of any issues and key dates and deadlines so that you can take any necessary action in good time.
E.g., be aware of assessment resit dates.

Reflection and analysis

1. What happened? It is difficult to analyse failure as it can be caused by a combination of known and unknown factors. Try to remember as objectively as possible what happened.
2. How serious is the failure? What are the possible consequences?
3. What was within your control and what was not?
4. Is there anything to learn from the failure? Sometimes there is not.
5. Is there anything you want to change for future or similar challenges?
6. How do you feel about the failure? Can you do anything to help how you are feeling?

Decide on appropriate action

1. What is most important to you? Try and think through all possible options. Be honest with yourself – what will make next time different from this time?
2. Do you need to acknowledge and manage your feelings?
3. Is there anything you will change about your behaviours?
4. Is there anything you will change about your attitudes? Viewing failure as useful can lead to greater resilience, wellbeing and better mental health. It is a chance to improve, or to experience the difficult emotional responses necessary for personal growth.
5. What sources of help are available? When are they available?
6. Be realistic. Are you able to and going to take the actions you've identified?

Take action

1. Create a workable action plan but be prepared to amend it depending on future circumstances.
2. Are your intended actions detailed and realistic enough to be put into practice? Setting 'SMART' goals may help.
S (specifics/sustainable), M (measurable), A (achievable), R (Realistic) and T (time-bound).
3. Contact sources of help.
4. Consider talking about the failure. It is common to feel ashamed and not want to tell anyone what happened, but the stress of hiding failure and your feelings is significant.
Opening up to trusted people can help you gain perspective and has been shown to increase academic success.
5. If and when appropriate – try again. Alternatively, you may decide to change your goal.
Can you meet your ultimate objectives a different way?