

## PRAESTA PROMPT: HANDLING SETBACKS

**How best do you manage your reaction to setbacks? What is the story you tell yourself when events seem to derail you? Is your instinct to blame yourself or others, and does that serve any useful purpose?**

A theme in our coaching conversations is keeping a positive mindset when things go wrong. It can help to stand back and reflect on the learning from an experience, put events into perspective, and lighten the weight of responsibility you may be feeling.

It might be worth asking yourself:

### **Reflecting on your experience...**

1. When has a setback forced me to open my eyes to different opportunities?
2. Which setbacks have been defining moments in helping to develop my resilience?
3. How have setbacks shaped the way I balance boldness with realism?
4. Might I share more about my response to setbacks with others who look to me for a lead?

### **Looking forward...**

1. What potential setbacks can I avoid or minimise through thoughtful preparation?
2. Can I smile more at the roller coaster of life, where ups and downs are inevitable and are soon overtaken by other events?
3. Might we be ready to think into plan B when a setback is in danger of overwhelming us?
4. How do I create recovery time and space when a setback knocks my confidence?

The theme of our Praesta Prompts this Autumn is **managing the inner chatter in our heads**. The first one was **'Taming your Inner Critic'** ([click here](#)) . We can sabotage ourselves by self-talk that escalates our fears and apparent failures. Looking through a different lens can allow us to reframe setbacks as the most formative influences on our life journey.