



Overcome – Forgive Yourself. Life Is Not So Serious.

Personal P.I.V.O.T.™ Overcome Worksheet

Use this worksheet when the Diagnostic has helped you identify that the fear of making mistakes and others' judgment of you within your new change is tripping you up.

There is nothing wrong with you. Nobody wants to be outed or ridiculed when they mess up! Your reputation may be at stake here. It is natural to want to protect yourself.

The purpose is not to pretend mistakes do not matter or to dismiss real consequences. It is to:

- Name what you are afraid of getting wrong and whose judgment you fear.
- Separate the likely consequences of a mistake from the meaning you are giving it.
- Give yourself permission to learn, be imperfect, and recover.
- Forgive yourself for your past and future mistakes so you can move toward the new change with lightness and humor.

Important If your thoughts or body are still in alarm, begin with the Pause Worksheet. Self-forgiveness is easier when you feel steady enough to look at a mistake without turning it into a verdict on who you are.

The Change I Am Working Through

What change or uncertainty am I working through?



1 Name The Mistake Or Judgment I Fear

I will begin by naming what I am trying so hard not to get wrong. Check all that apply. More than one may be true.

- ☐ Making the wrong decision
- ☐ Looking inexperienced, unprepared, or incompetent
- ☐ Saying or doing the wrong thing
- ☐ Disappointing people who are counting on me
- ☐ Failing where other people can see it
- ☐ Needing help or admitting I do not know
- ☐ Changing my mind after I have already committed
- ☐ Not mastering this new situation quickly enough
- ☐ Being criticized, laughed at, rejected, or talked about
- ☐ Damaging the reputation I have worked hard to build
- ☐ Something else:

Why am I so afraid of getting this wrong? Why is this so important to me?

Whose judgment am I most afraid of, and what do I fear they will conclude about me?

2 Notice How Fear Of Getting It Wrong Is Affecting Me

Trying not to mess up can become its own trap. I may protect myself from embarrassment while also preventing myself from learning, deciding, or moving.



2 Notice How Fear Of Getting It Wrong Is Affecting Me Continued

How have I been trying to protect myself from mistakes or judgment? Check all that apply.

- ☐ Overthinking or repeatedly checking myself
- ☐ Delaying a decision until I can be completely certain
- ☐ Trying to perfect something that only needs to be good enough
- ☐ Avoiding visibility, responsibility, or a new opportunity
- ☐ Hiding what I do not know instead of asking
- ☐ Comparing my beginning with someone else's experience
- ☐ Being harsh with myself after even a small misstep
- ☐ Quitting, withdrawing, or pretending I never wanted it
- ☐ Something else:

What is this protection helping me avoid?

What is it costing me in learning, freedom, connection, or movement?



3 Put The Mistake Back Into Proportion

A mistake may have real consequences. But fear can turn one wrong move into humiliation, permanent fear, or proof that I should never have tried. I will separate what could actually happen from the story growing in my head about it.

What could realistically happen if I make a mistake as I implement this change?

Which consequences would be temporary, repairable, or useful for learning?

What am I afraid this mistake would mean about me?

Is what I think the mistake would mean about me true?

4 Forgive Myself And Prepare To Recover

Self-forgiveness does not erase responsibility. It allows me to tell the truth, make repairs where needed, learn what the mistake can teach me, and stop punishing myself after the lesson has been received.

The mistake I have made, or am afraid I might make, is:

At the time, what did I know, intend, believe, or have the capacity to do?



If a mistake has already happened, what repair, apology, correction, or lesson is mine to take?

What guilt, shame, or repeated self-punishment can I release once I have done what is mine to do?



5 Give Myself Permission To Be Human and Laugh

Think of a past mistake that has been consuming you. Perhaps it felt embarrassing, awkward or disastrous at the time.

What happened?

Now tell the story again, but make it funny. Exaggerate the drama. Laugh at what you did, what you imagined everyone was thinking or how enormously important it seemed at the time.

What makes you laugh about it now?

Take a breath and remind yourself:

I was human then. I am human now. And it really was not that serious!

The next time I make a mistake, I give myself permission to remember this:

Life is not so serious. Nobody is going to remember my mistake forever. It is really not all that serious.

🎵 **Ready to laugh it off?** 🕒

🎧 [Listen: Let's Laugh \(3 mins 47 secs\)](#)



In your own words, what could you say to yourself to help you laugh, loosen up and move forward?

6 Check Again

How much power does the fear of making a mistake or being judged have over me now?

What do I need next?

- ☐ I am good now. I can allow myself to be imperfect and keep moving. I'll remember to laugh at myself more often.
- ☐ More Overcome. I am still judging myself or trying to guarantee I will not mess up. I'll revisit Sections 2 through 5.
- ☐ Pause. Fear or shame has put my thoughts or body back into alarm. Go to the Pause worksheet.

Key Overcome reminder: One mistake cannot decide my worth. Life is not so serious. I can laugh at myself, learn and keep moving. Nobody remembers my mistakes the way I do. I release the mistakes I have already made and forgive myself in advance for the wonderfully human mistakes I will make in the future.

Need more support? If you would like help working through what is keeping you stuck, reach out to me at info@dancewithchange.com.