

Making mistakes

Everyone makes mistakes sometimes. Making mistakes can make you feel bad or less confident. But mistakes also give you a chance to learn and get better.

Dealing with mistakes

Here are some tips to help you deal with mistakes:

Pause

Before you can think clearly about the mistake, you need to be calm. Take a few deep breaths. If you can, step away from any other people and take a moment to calm yourself.

Take responsibility

Sometimes we want to blame someone else instead of saying the mistake was our fault. But if you were responsible for the mistake, it's better to be honest. It's okay to tell the people around you that you made a mistake.

Ask for help

You might not know what to do next. Talk to a friend or co-worker you trust. Tell them about the mistake and ask them to help you decide what to do.

Apologize

If you make a mistake that affects other people, it's polite to say you're sorry. They might be upset, but it might help to tell them that you didn't mean to make the mistake.

Work on improving

Think about what went wrong. What can you do differently next time so it doesn't happen again? Tell people what you're going to change so you don't make that mistake again.



If a mistake happens lots of times, or if lots of different mistakes happen, it might be a sign that something needs to change. Talk to someone you trust, like a friend or a supervisor. Ask them how to avoid those mistakes in the future.