

# DEVELOP TOGETHER

*"Helping You Make Positive and Long Lasting Changes to Your Life."*

## Find Value in Mistakes

We're only human and nobody's perfect so it's inevitable that we will all make mistakes throughout our lives. Some of these mistakes are bigger than others and many of them are forgivable quite quickly, but some seem like they have a much bigger impact to ourselves and those around us. This can not only depend on our own reaction to the mistake but also that of those affected. The good news is that we can learn to create as positive an outcome as possible when these things happen.

When we mess up and make a mistake there are 5 A's to help you deal with it in a positive way.

**Accept** responsibility - Tell ourselves that we made the mistake and try to find out where we went wrong.

**Admit** our mistake to those it affects - Trying to hide it or blame someone else is the cowards way out and won't earn you much respect from others, especially the person or people we blame. An honest confession will always be respected.

**Apologise** to those same people - A good sincere apology will leave others with little place to go with their reaction. The majority of people will accept this apology and drop it, leaving ourselves with a clear conscience.

**Ask** for help in finding an **Answer** to resolve it - These last two As are the most important as it will show that we're a proactive person who can be trusted to do the right thing even when we mess up.

We then need to find a way to avoid making the same mistake again as people will soon get frustrated if they see we don't learn from our mistakes. A good bit of reflective thinking will help us and this links back to the very first A in the 5 As system. When we accept responsibility we have to find out where we went wrong so that we can put something in place to make sure that it's less likely to reoccur.

It may take some time to practice this and develop our ability to admit that we're not perfect, but when we see the positive outcomes in our relationships with others from using the 5 As method, we'll understand the longer term benefits.

If you have any questions about this, please email [info@developtogether.co.uk](mailto:info@developtogether.co.uk).

Kind Regards,

*Rob*

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