

FEAR OF MAKING A MISTAKE. HOW CAN ATYCHIPHOBIA BE FOUGHT?

Sattorova Khadicha Inayat qizi

Student of UzSWLU

Annotation: *Before we do anything, we think many times. Because if we do something wrong, we immediately begin to be judged for our mistakes. And sometimes the fear of making a mistake becomes so strong that it causes panic attacks and affects every decision. A person generally ceases to take on anything important - because then he will be insured against failure. This is how atychiphobia manifests itself.*

Key words: *atychiphobia, self-isolation, self-sabotage, perfectionism, self-flagellation, low self-esteem, symptoms, phenomenon.*

The unjustified and uncontrollable dread of failing has a negative impact on a person's life and is known as atychiphobia.

When a person's fear is severe enough, they lose their desire to grow and become docile.

A person is no longer able to live a regular life because they are constantly anxious, worried, and unable to find a space for themselves.

He struggles with mental health, which prevents him from pursuing career advancement and causes him to experience sadness. All of this accelerates the disease's progression.

FORMS OF DISEASE

Self-isolation. A person does not engage in any business endeavors or work toward personal growth. In his personal life, he fears being rejected. He isolates himself and avoids making touch with others.

Self-sabotage. Any task that a person undertakes will either not be completed by him or be given to him at the incorrect moment. In this situation, the person puts barriers in his or her own path when trying to complete job.

Perfectionism. One does not strive to be the best in all undertakings, but rather in those that he excels at. He concentrates on his weaknesses.

Self-flagellation. An individual may reassure himself that he lacks the necessary skills, knowledge, and talents.

In the early stages of the illness, a person's self-esteem declines, he loses faith in himself, and he starts to blame himself for everything. The moderate and severe degrees are marked by a refusal to participate in various activities, seclusion from others (even acquaintances), a reduction in the number of interactions, and apprehension about beginning even simple and routine tasks.

WHY ATYCHIPHOBIA OCCURS



Owing to a bad encounter. Atychiphobia frequently develops in those who have previously been in painful situations linked to failures. A person might, for instance, have faced some severe criticism for the results of their labor at work or online.

As a result of upbringing. Atychiphobia can arise as a result of the actions of authoritarian parents and other influential people. The same behavior is likely to be displayed in a youngster whose family shied away from failure and feared it.

As a result of perfectionism. Failure is defined quite differently by different people. For one, this results in failure on the exam and expulsion from the university, and for the other, it results in a lower-than-expected grade and a lack of teacher praise. The desire to make everything flawless, which is even more crucial than completing the goal, can thus become the cause of the development of atychiphobia.

A disaster that typically makes us anticipate the worst and imagine the worst-case scenarios for the outcomes of any failure. For instance, a worker who produces subpar work may be terrified of criticism, but he or she may also fear being fired, going without money, losing friends, and having to split up with family.

SYMPTOMS

Low self-esteem is one way that phobias in kids present themselves. For instance, a child experiences constant strain when his parents expect the best performance from him in all areas (including school, sports, and other activities).

In addition, the child's perception of accomplishments will be warped if they do not support him in succeeding but chastise him for failing. He understands that he is powerless to succeed.

Adults with atychiphobia are constantly apprehensive and worry before any event. In addition to feeling uncomfortable when asked to do any job, they also have a quick heartbeat, a burning sensation in the abdomen, and skin blanching. These people have cowardly hands and a rapid heartbeat. For instance, prior to an interview a person's sleep is disturbed, panic attacks may occur.

WHAT IS THE DANGER OF ATYCHIPHOBIA

Atychiphobia not only has unpleasant symptoms in and of themselves, but it also frequently results in procrastination and a full rejection of any acts that can result in failure. A person who is terrified of failing opts for a technique of avoidance and self-control: it enables you to maintain your self-esteem and spare yourself from dread because not taking the exam at all is not as embarrassing and insulting as failing it. Additionally to having an impact on income, this makes it difficult for someone to make critical life changes.

HOW TO OVERCOME THE FEAR OF MAKING MISTAKES

Take steps to control your symptoms. You must first learn to deal with the stress, racing heart, and trembling that come when you learn about failure or its impending threat. Simple breathing techniques like taking a deep inhale, holding it for seven seconds, and then slowly exhaling through your mouth are perfect for this. You can place your hand on your tummy to have a better sense of how breathing works; if it swells at the moment of



intake, your breathing is adequate and right. To deal with panic, repeat the exercise four to eight times.

Walking at a fast pace helps to relieve anxiety and return clarity to thoughts. If you find it difficult to go outside in a moment of panic, any other movement, such as intense dancing or running in place, will do.

Think back on your failures and how they contributed to the emergence of your fears. It is important to keep in mind every detail since a thorough investigation will show that the individual is not at fault for the loss and that events outside of his control are to blame.

Obtain details regarding a forthcoming case. You'll be able to appraise the situation and select a better course of action with the help of development alternatives, predictions, and dangers.

Practice saying "no." If the analysis reveals that the case is unsuccessful, you must give it up right away. Stop attempting to save him.

Pay attention to psychology. Although you must persuade yourself that failing is not a good thing, life does not come to an end at failure. You're not required to put your head down right away.

The individual must also acknowledge that a problem exists. The responsibility for one's own life should belong to everyone. In other words, a person will get what they have earned, not what they deserve.

Positivity is the key to overcoming atychiphobia. In order for the panic to pass more quickly and for one to avoid being plagued by the dread of failing in the future, relaxation is also crucial.

Often, these suggestions suffice. However, you must get professional help if you are unable to resolve the issue on your own.

CONCLUSION: Thus, atychiphobia is a common phenomenon. To cope with this fear, it does not take as much effort as a person thinks. The main thing is to analyze the situation and come to terms with the fact that there are no ideal people, and failures haunt everyone. So the problem of making a mistake will gradually go away.

