

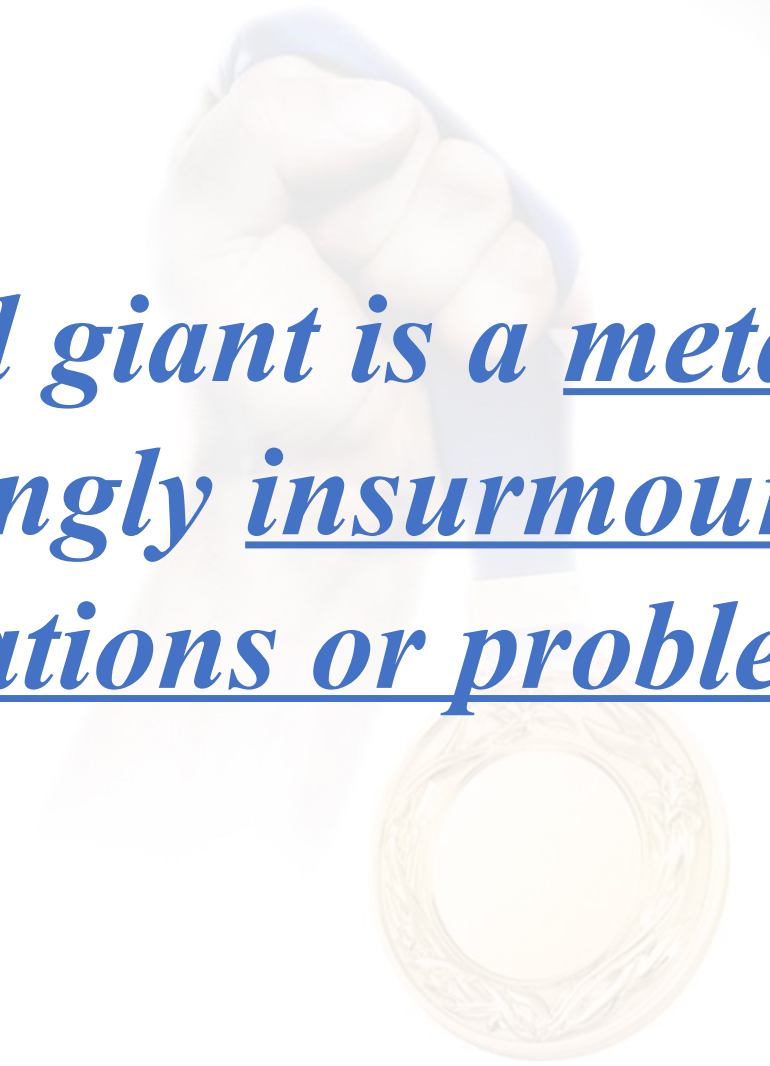


THE PSYCHOLOGY OF *Winning*

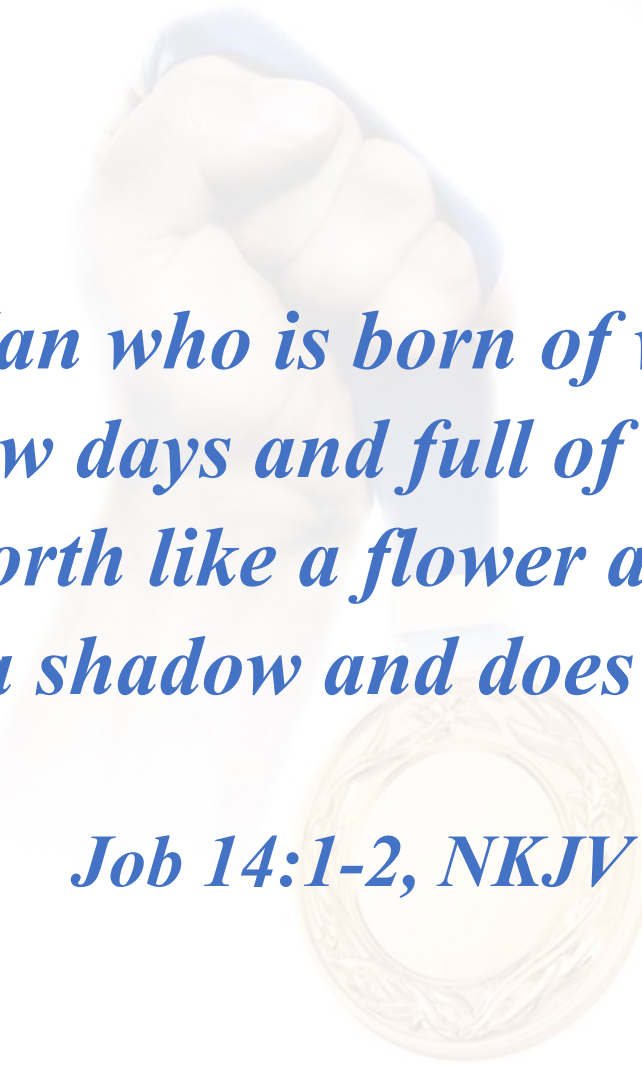


*“Defeating the Giants of
The Fear of Failure and Rejection”*



A faint background image of a hand holding a gold medal. The hand is positioned at the top, with fingers curled around a blue ribbon. Below the hand, a large, ornate gold medal is visible, featuring a circular design with intricate patterns.

*The word giant is a metaphor for
seemingly insurmountable
situations or problems.*



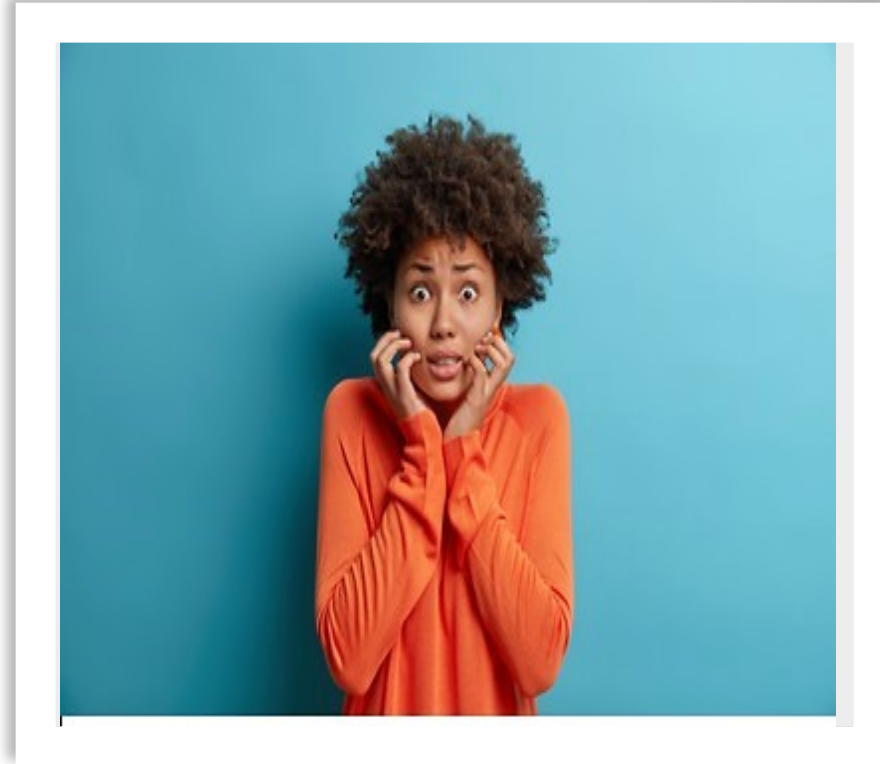
*1 “Man who is born of woman
is of few days and full of trouble.
2 He comes forth like a flower and fades away;
He flees like a shadow and does not continue.”*

Job 14:1-2, NKJV

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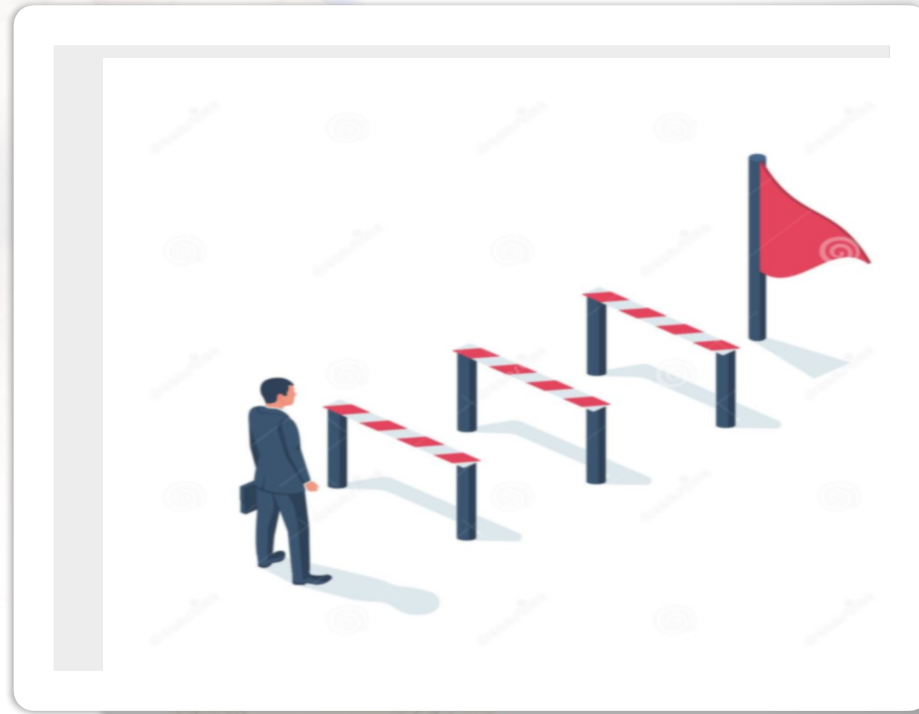
*Fear is
an
Emotion.*



Phobia is the Greek word for ‘fear’ and can be defined as the “excessive or unreasonable fear of an object, place or situation”.



*Failure is the
object of our
fear and an
obstacle to our
success.*



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*30 Then Caleb quieted the people before Moses,
and said, "Let us go up at once and take
possession, for we are well able to overcome it."
31 But the men who had gone up with him said,
"We are not able to go up against the people, for
they are stronger than we."*

Numbers 13:30-31, NKJV

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32 And they gave the children of Israel a bad report of the land which they had spied out, saying, "The land through which we have gone as spies is a land that devours its inhabitants, and all the people whom we saw in it are men of great stature.

33 There we saw the giants (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight."

Numbers 13:32-33, NKJV

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*Our self-perspective is flawed
and often based upon what we
see more than what God
promised.*



*For we walk by faith,
not by sight.*

2 Corinthians 5:7, NKJV



- *Don't allow fear to cause a discrepancy between what you hope to achieve and the actual outcome.*
- *Negative experiences do have some benefits, even if they are hard to see or appreciate in the moment.*
- *The way we see ourselves has a direct impact on how we respond to life's opportunities.*



*The Fear of
Rejection is one
of our deepest
human fears.*



The fear of rejection is an irrational fear that has you convinced that people won't accept or approve of you due to your opinions, looks, personality, values, beliefs or behavior.



- *The greatest damage rejection causes is usually self-inflicted.*
- *Rejection affects us psychologically and emotionally.*
- *Rejection damages our mood and self-esteem.*



*“For God has not given us a
spirit of fear and timidity, but
of power, love,
and self-discipline.”*

2 Timothy 1:7, NLT





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