



Reflexion Summary

24/07/2026 23:01- a free web tool by Humans4.fun

The issue I'm working on is I feel worthless when I'm really bad at something (anything)

I feel ashamed because I feel inadequate and stupid when I suck at something, and I feel I should be better at it (other people are!)

I feel guilty because I'm jealous of other people's skill level (the case in point being my son who is consistently better at WHATEVER video game we play together, even games he has never played before)

It's no use to point outwards

because the cause of my misery is inevitably my own thinking, feeling inferior because my skill level is not up to the mark.

I'm sad because it's horrible to feel incompetent

I'm afraid that I will never improve and will stay bad

because that would mean that I am stupid.

Certainly I will never be better at video games than my son...

What I really want is for me to steadily get better, to feel I'm making progress, to compare myself only to myself

so that I can feel OK about myself

I get angry at my own level of incompetence

when I don't make fast progress, because it makes me feel stupid and worthless

I'm proud of every bit of progress I make, no matter how insignificant

I'm proud of myself for trying so hard to get better at things I initially suck at

It would improve the situation if I could stop feeling worthless whenever I'm not the best at something

I could for instance remind myself that people automatically improve at something when they practice it a lot

by more consciously choosing the skills I really want to develop, and practice those (I don't need to be epic at everything)

It's ok for people/me to suck majorly at things

in view of the fact that each of us was born with no skills at all

I'm willing to suck at stuff I don't really want to learn

because I can't learn everything

I accept there are many things I can give my energy to, but I want to pick them carefully

because some are more important than others and I need to prioritise what matters most to me

I'm enthusiastic about having discovered that I can choose the things that matter to me, and just practice those (i.e. not care about the rest)

because I will certainly improve at the things I practice a lot and I will certainly not improve a lot on the things I don't consider important enough to spend a lot of time on

and therefore I decide to no longer take the lack of skill at something as proof of worthlessness

I love that I can improve ANY skill I choose simply by practising it

I love that I can do so many different things, and that I get to choose between them

I'm happy that I can choose what I elect to develop

I'm happy whenever I notice my skill level at something has increased

humans4fun