

WHY SOME FAILURES STAY WITH US LONGER THAN SUCCESSES

Warm-Up Discussion

Discuss the following questions.

1. Think of a minor mistake you made recently and a small success you had around the same time. Which one is easier to remember in detail?
2. Do you agree with the phrase, "We learn more from our failures than our successes"? Why or why not?
3. Prediction: Based on the title "Why Some Failures Stay With Us Longer Than Successes," what psychological reasons do you think the text will mention?

Vocabulary Match

Match the words from the text on the left with their correct definitions on the right.

Word/Phrase	Definition
Negativity bias	The act of thinking deeply about something past, often in a repetitive or negative way.
Cognitive dissonance	A psychological tendency to give more weight to bad experiences than good ones.
Rumination	Mental discomfort experienced when new information conflicts with existing beliefs.
Resilience	The capacity to recover quickly from difficulties; toughness.
Double-edged sword	Something that has both positive and negative consequences.

Deep Analysis

Answer the following questions in full sentences using information from the text.

The Evolutionary Reason: Why does the text suggest that the brain is "wired" to remember mistakes more deeply than achievements?

The Role of Expectation: How does "cognitive dissonance" make failure harder to ignore compared to success?

The Growth Mindset: The text mentions a "key difference in interpretation" regarding failure. What is the difference between those who move forward and those who stay stuck?