



Generative Failure Manifesto



Young people, youth workers, researchers, and experts collaborated in drafting this Manifesto, which is open source: anyone can contribute to its evolution, because it belongs to everyone, without exception. It contains some fundamental principles for learning how to deal with failure, transforming it into an opportunity for rebirth



You are not your failure: what happened is not who you are



Give yourself time, you need it: if everything seems too much right now, it doesn't mean you can't handle it



Talk openly about your failure: silence makes it heavier, talking about it makes it manageable



One step at a time: do the next feasible thing, then the next, and you'll find yourself walking again



Trust in relationships: don't isolate yourself, turn to someone you trust



Accept failure: don't run away, don't avoid it, and don't look for quick, false solutions that you may regret



Everyone fails, you are not a bad exception: you are imperfect, you are human



Take care of yourself: be kind to yourself, do not condemn yourself without appeal if you have made a mistake



If you feel overwhelmed by negative thoughts, seek professional help immediately: you do not have to face this alone, do not be a hero