Name, surname : _____

Date : _____

DE'FEAT Inventory

- Capitalizing on your setbacks -

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The DE'FEAT Inventory[1] aims to identify, from a broad perspective, the factors that may have contributed to a situation of failure or may hinder the success of future endeavors. It can be used retrospectively (to analyze a past failure) or prospectively (to identify potential obstacles to a project).

What situation (failure or project) would you like to analyze in greater detail?

……

For each statement, indicate whether the factor in question may have contributed to this failure or could hinder this project by ticking the appropriate box (not at all, a little, or completely).

Material Factors	Not at all	A little	Completely
1. Financial difficulties, lack of resources.	☐	☐	☐
2. Lack of necessary equipment.	☐	☐	☐
3. Worn, broken, or defective equipment.	☐	☐	☐
4. Precarious housing or lack of housing.	☐	☐	☐
5. Limited transport access, long journeys.	☐	☐	☐
6. Poor work/study conditions.	☐	☐	☐
7. Presence of distractions.	☐	☐	☐

Institutional Factors	Not at all	A little	Completely
8. Constraints, rigidities, or administrative burdens.	☐	☐	☐
9. Unfavorable cultural, economic, or political context.	☐	☐	☐
10. Lack of perspective, lack of future.	☐	☐	☐
11. Problems related to nationality or residence permit.	☐	☐	☐
12. Bad influence of the media or social networks.	☐	☐	☐
13. Presence of discrimination, injustice.	☐	☐	☐
14. Requirements that are too high, unclear, or rigid.	☐	☐	☐

[1]Instrument based on Ford's (1992) model of effective functioning.

 **Social Factors**	Not at all	A little	Completely
15. Family, work, or training problems.	☐	☐	☐
16. Social obstacles or pressures.	☐	☐	☐
17. Lack of social support, disapproval.	☐	☐	☐
18. Conflicts, bad atmosphere.	☐	☐	☐
19. Bad company.	☐	☐	☐
20. Harassment, mobbing, bullying.	☐	☐	☐
21. High or unfair competition	☐	☐	☐

 **Natural Factors**	Not at all	A little	Completely
22. Unfavorable geographical location.	☐	☐	☐
23. Bad weather conditions.	☐	☐	☐
24. Natural disasters, epidemics.	☐	☐	☐
25. Pollution, climate change.	☐	☐	☐
26. Lack of contact with nature or green spaces.	☐	☐	☐
27. Lack of luck, chance, bad karma.	☐	☐	☐
28. Bad timing, bad moment.	☐	☐	☐

 **Biological Factors**	Not at all	A little	Completely
29. Poor diet, deficiencies (iron, vitamins, etc.).	☐	☐	☐
30. Lack of sleep, fatigue.	☐	☐	☐
31. Lack of physical activity.	☐	☐	☐
32. Medication, consumption of alcohol or drugs.	☐	☐	☐
33. Physical pain, chronic pain, accidents.	☐	☐	☐
34. Health issues, illness, or disability.	☐	☐	☐
35. Disadvantageous appearance.	☐	☐	☐

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♥ **Motivational Factors**	Not at all	A little	Completely
36. Lack of motivation, discouragement, loss of meaning.	☐	☐	☐
37. Lack of interest, stimulation, or ambition.	☐	☐	☐
38. Lack of self-confidence, doubts.	☐	☐	☐
39. Lack of autonomy, power, or control.	☐	☐	☐
40. Feelings of insecurity, anxiety.	☐	☐	☐
41. Pessimism, regrets or remorse.	☐	☐	☐
42. Absence of pleasure or of positive emotions.	☐	☐	☐

👍 **Skills-Based Factors**	Not at all	A little	Completely
43. Knowledge gaps.	☐	☐	☐
44. Lack of skills or talent.	☐	☐	☐
45. Lack of required qualities.	☐	☐	☐
46. Difficulty organizing, lack of working method.	☐	☐	☐
47. Lack of self-discipline, self-control, concentration.	☐	☐	☐
48. Lack of strategies to face difficulties.	☐	☐	☐
49. Lack of effort or work, procrastination.	☐	☐	☐

Personal Factors	Not at all	A little	Completely
50. Lack of prudence or wisdom.	☐	☐	☐
51. Lack of humility.	☐	☐	☐
52. Lack of courage or assertiveness.	☐	☐	☐
53. Difficulty learning from one's mistakes/failures.	☐	☐	☐
54. Lack of creativity or humor.	☐	☐	☐
55. Lack of flexibility.	☐	☐	☐
56. Lack of perseverance.	☐	☐	☐

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Among the factors you rated as having contributed "significantly" to your failure or as potentially hindering your project "significantly", which ones do you consider to be at least partly within your control (controllable) and which ones are entirely beyond your control (uncontrollable)?

Controllable	Uncontrollable

Among the factors you consider controllable, what steps could you take to reduce the risk of these factors hindering the success of future projects?

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