After the Bar Exam

Waking up the day after the bar exam can be a bit destabilizing. You have felt like you needed to study every waking hour for months. Now, there is nothing left to study. You will likely relive some questions in your head and kick yourself for not having the perfect timing in each section. There is nothing you can do about that now. Take solace in the fact that you studied hard and did everything you could do. You most likely passed.

Don’t talk about exam specifics with your friends. None of you knows the right answer. Discussing it will only cause anxiety for everyone. It won’t be helpful. Congratulate each other on getting through this difficult process. Celebrate with each other.

The work now is to put the exam out of your mind. Whenever self-doubt and worry creep in, replace those thoughts with positive thoughts about what you get to do with your time now, and what your future will look like. Waiting is hard, but you have accomplished so much, so refocus yourself on your successes.