

## What is Perfectionism:

Perfectionism is a trait that makes life an endless report card on accomplishments or looks. When healthy, it can be self-motivating and drive you to overcome adversity and achieve success. When unhealthy, it can be a fast and enduring track to unhappiness. (psychologytoday.com)

## What Cause of Perfectionism:

Perfectionism is driven primarily by internal pressures, such as the desire to avoid failure or harsh judgment. There is likely a social component as well, because perfectionistic tendencies have increased substantially among young people over the past 30 years, regardless of gender or culture. Greater academic and professional competition is thought to play a role, along with the pervasive presence of social media and the harmful social comparisons it elicits.

## Signs that someone may be a perfectionist:

Perfectionists set unrealistically high expectations for themselves and others. They are quick to find fault and overly critical of mistakes. They tend to procrastinate a project out of their fear of failure. They shrug off compliments and forget to celebrate their success. Instead, they look to specific people in their life for approval and validation.

## Three types of Perfectionism:

1. Self-oriented perfectionism: Imposing an irrational desire to be perfect on oneself.
2. Other-oriented perfectionism: Placing unrealistic standards of perfection on others.
3. Socially-prescribed perfectionism: Perceiving excessive expectations of perfection from others.

Table 1. Consequences of Perfectionism

Mental complaints and conditions	Physical complaints and conditions
Performance anxiety	Gastrointestinal problems
Decision anxiety	Chronic pain
Rumination	Hypertension
Sleep problems	Cardiovascular diseases
Depression	Asthma
Eating disorders	Migraines
Social anxiety disorder	
Addiction	
Burn-out	
Body dysmorphic disorder	

Table 1. Consequences of Perfectionism Source: A. Schröder

## Tips to Overcome Perfectionism:

- \*\*Letting go of comparison mindset
  - \*\*Challenging and changing negative self-judgement
  - \*\*Using compassion self-talk
  - \*\*Practicing mindfulness and being in the present moment
  - \*\*Note down the advantages and disadvantages of being a perfectionist. ...
  - \*\*Set achievable goals for yourself. ...
  - \*\*Set time limits for tasks and make sure to follow them. ...
  - \*\*Avoid procrastination. ...
  - \*\*Remember that mistakes are not bad. ...
  - \*\*Pursue different things that matter to you and make you happy.
- (psychologytoday.com) (<https://myonlinetherapy.com/how-to-overcome-perfectionism/>)

**Table: Healthy vs. Neurotic Perfectionism**

	Healthy Perfectionism	Neurotic Perfectionism
1. Relationship with your goals	You are positively motivated by your goals. You feel excited as you work on them.	You feel pressured by your goals. There's a fear that you may not succeed or achieve what you want.
2. Focus on Progress	You focus on taking action and improving as you go along.	You constantly procrastinate and wait for the "right" moment to do something.
3. Focus on 80/20	You see the big picture and do the necessary to achieve the best outcome. You focus on the right details.	You obsess about tiny mistakes (with no impact on the big picture) often at the expense of other priorities.
4. Sense of Satisfaction	You celebrate every victory and give yourself credit when it's due.	You constantly feel dissatisfied with what you've achieved, always feeling that it's not good enough.
5. Attitude toward Work & Life	You have a healthy focus on your health, relationships and rest.	You constantly neglect your health, relationships and rest for work.
6. Attitude Toward Failure	When failures happen, you focus on learning from them. You understand that failure is part of success.	You hate failure. You beat yourself up over every mistake and misstep.
7. Attitude Toward Past Mistakes	You use past mistakes as positive learning points to be better.	You feel regret over things that are long past.