

WHAT IS PERFECTIONISM

IRRATIONAL BELIEF THAT YOU
OR YOUR ENVIRONMENT
MUST BE PERFECT

PERFECTIONISM

- Habit developed as a youth
- Constantly alert to imperfections, failings, and weaknesses in yourself and others.
- Underlying motive is the fear of failure and fear of rejection.
- Rigid, moralistic outlook that does not allow for humanism or imperfections.

IRRATIONAL BELIEFS/PERFECTIONISM

- Unacceptable to make a mistake.
- What you achieve; not who you are.
- Don't attempt things; I can't do well.
- To win is the only acceptable goal.
- Don't let anyone know what your goal is; if you don't reach it, they won't know.
- There is only one way to reach a goal.

NEGATIVE CONSEQUENCES OF PERFECTIONISM

- LOW SELF-ESTEEM
- GUILT
- PESSIMISTIC ABOUT FUTURE EFFORTS
- DEPRESSION
- OBSESSIVENESS
- COMPULSIVE BEHAVIOR- ALCOHOL, DRUGS,

CONSEQUENCES

- LACK OF MOTIVATION
- IMMOBILIZATION- LACK OF ENERGY
- LACK OF BELIEF IN SELF

OVERCOMING PERFECTIONISM

- ACCEPT SELF AS A HUMAN BEING
- FORGIVE SELF FOR MISTAKES OR FAILINGS
- BE FLEXIBLE IN SETTING GOALS
- ENJOY SUCCESS WITH HEALTHY SELF PRIDE-ELIMINATE FALSE HUMILITY
- DEVELOP “THOUGHT STOPPING” TECHNIQUES

SOCIAL SUPPORT SYSTEMS CAN HELP

- SELECT PEOPLE WHO ARE NOT PERFECTIONISTS
- SELECT PEOPLE WHO ARE FORGIVING AND FORGETTING
- PEOPLE WHO WILL GIVE POSITIVE REINFORCEMENT FOR ANY POSITIVE CHANGE NO MATTER HOW SMALL
- TRUSTWORTHY-OPEN,HONEST,SINCERE INTEREST IN YOU

STEPS IN OVERCOMING PERFECTIONISM

- JOURNAL
- CHARACTERISTICS TRUE FOR ME
- WHAT IRRATIONAL BELIEFS DO I
HAVE
- RATIONAL ALTERNATIVES
- NEGATIVE CONSEQUENCES IN MY
LIFE
- NEW RATIONAL BEHAVIOR
- HOW WILL NEW BEHAVIOR TRAITS
HELP ME TO FULLY ACHIEVE CHANGE

STEPS

- HOW CAN MY SOCIAL SUPPORT SYSTEM HELP

Reference

www.coping.org