



Perfectionism: Hidden Barrier to Joy and Well-Being

Takeaways

1. Perfectionism is a personality trait not a diagnosis
2. Perfectionists tend to strive for flawlessness and unreasonable standards even when that causes stress
3. The need to be accepted and cared for is often underneath perfectionism
4. Start the change process by recognizing, with compassion, your perfectionistic
5. thoughts and behaviors
6. Focus on changing thoughts and behaviors in small steps, get support

