



Perfectionism: Hidden Barrier to Joy and Well-Being

What helps?

Recognize your specific traits and be kind to yourself about them

- *Do I have trouble meeting my own standards?*
- *Do I often feel frustrated, angry, depressed, or anxious while trying to meet my own standards?*
- *Have I been told my standards are too high?*
- *Do my standards get in my way?*
 - *Difficulty finishing tasks, meeting deadlines, trusting others, doing things spontaneously*

Use tools to reduce perfectionism

- Apply realistic thinking
 - Recognize critical thoughts and replace with more realistic and helpful statements (even if don't believe them at first)
 - *No one is perfect*
 - *I am loveable just the way I am*
 - *It's natural to make mistakes and I can learn from them*
 - *It's not my job to impress everyone or keep them happy*



What helps?

Take perspective Look at life from another's point of view

- *Is there another way to look at this?*
- *How might someone else view this situation?*
- *What might I tell a close friend who is having similar thoughts?*

Look at the big picture

- *Does it really matter?*
- *What is the worst that could happen?*
- *If the worst happens, can I survive it?*
- *Will this matter tomorrow? Next week? Next year?*

