



## What is perfectionism?

1. Personality trait, not a diagnosis
2. Strive for flawlessness in self and/or others
3. Strive for high standards that you know cause you stress, but reach for them anyway
4. May do fine in situations of low stress, but symptoms emerge when things go wrong
5. Avoid situations in which you may appear imperfect
6. Don't talk about situations in which you were not perfect

## Signs of Perfectionism

- Unrealistically high expectations and goals for self and others
- Quick to find fault
- Overly critical of mistakes
- Overly cautious and thorough in tasks
- Elaborate to-do lists
- Agonize over small details
- Procrastinate due to fear of failure
- Shrug off compliments
- Fail to authentically celebrate success
- Little or no pleasure in accomplishments unless internal and/or external judgements rate you as perfect
- Look to specific people for approval and validation
- May fear that giving up perfectionism makes you sloppy, unmotivated, mediocre

