



What's the Problem with Perfectionism?

- Hard to make choices and decisions, uncertainties intolerable
- While you desire success you may have a negative orientation, focus on avoiding failure
- Anxiety over making mistakes may be barrier to success
- Don't believe in unconditional love, expect others' affection and approval to be dependent on flawless performance
- Linked with inflexibility, all or nothing thinking, even catastrophic thinking
- Little or no self-compassion
- May be judged by others as more critical, more hostile, less likeable - others appreciate graciousness, humility, and humor in face of mistakes
- Associated with anxiety, obsessive-compulsive disorder, depression and eating disorders, sometimes suicidal impulses
- Interferes with family life, other relationships, life goals, serenity and joy

