



# Perfectionism: Hidden Barrier to Joy and Well-Being

## What helps?

### Use tools to overcome perfectionism

#### Change your behavior

- Perfectionism is phobia of making mistakes or appearing imperfect
- Try to gradually and purposefully make mistakes or appear imperfect
- Show up 15 minutes late
- Leave messy area in house
- Wear clothing with a stain
- Allow silences to occur in conversation
- Lose train of thought during presentation

Talk with your support person about realistic standards and practice them a little at a time

