

# Unhealthy **PERFECTIONISM**

## Characteristics

- Extreme fear of failure
- The goal of achieving unrealistic expectations
- Difficulty finalizing projects to get them "just right"
- Interfering with success and personal satisfaction

## Causes






- Personal worth based on external standards
- Fear of failure or disapproval
- Sensitivity to constructive criticism or feedback
- Rewards for achievement rather than effort
- Cognitive distortions (all-or-nothing thinking, "shoulds")

## Strategies

- Understand the self-defeating nature of unhealthy perfectionism and how it is affecting you personally
- Examine expectations for self and others
- Set and prioritize realistic and obtainable goals
- Find success in the process, and not just the end result
- Strive for wholeness and balance
- Confront fears and consider plausible outcomes
- Find lessons and value in mistakes






## Mindset Shift

### FIXED MINDSET

- Avoid challenges 
- See effort as fruitless 
- Ignore constructive feedback 
- Feel threatened by the success of others 
- Give up easily 

- Leads to a desire to please others
- May limit ability to fulfil potential
- Contributes to a deterministic worldview

### GROWTH MINDSET

-  Embrace challenges
-  See effort as as path to mastery
-  Learn from constructive feedback
-  Find lessons and inspiration in the success of others
-  Persist despite setbacks

- Leads to a desire to learn
- Drives motivation and achievement
- Can lead to feeling more empowered and capable

