

Understanding Perfectionism

The Perfectionist You See...

- Highly driven
- Incredibly organized
- Hard working
- Accomplished
- Disciplined

The Perfectionist You Don't See...

- Compulsive, irrational desire for perfection
- Internal turmoil and persistent anxiety
- Feelings of emptiness and worthlessness
- Stressors and failures are more distressing
- Inability to enjoy achievements ("never enough")
- Pressure to perform highly every time



"Excellence does not require perfection."

—Henry James

Did You Know?

- Perfectionists convey strength and resilience outwardly, but often suffer alone and feel inadequate
- *Socially prescribed perfectionism* is linked with the worst outcomes, so be mindful of how you may be perpetuating unrealistic expectations for others in your life

3 Functions of Perfectionism

- **Overcompensation** – excelling at something as a way to counterbalance inadequacy in other areas of life
- **Control** – creating predictability in a chaotic world
- **Avoidance** – distracting from uncomfortable feelings such as anxiety, loneliness, or sadness



Perfectionism is a personality vulnerability that contributes to various mental health conditions like:

- Anxiety
- Depression
- OCD
- Substance Abuse

Self Check

Do you experience any of these common concerns?

- ☐ Excessive reassurance seeking
- ☐ Fear of making mistakes/failing
- ☐ People pleasing
- ☐ Frequent self-doubting
- ☐ Loneliness
- ☐ Emptiness
- ☐ Shame
- ☐ Burnout
- ☐ Sleep problems
- ☐ Relationship imbalances
- ☐ Resentment or anger

Quick Tips

Quick Tips to Support Perfectionists

- Set personal boundaries
- Practice self-compassion
- Schedule breaks and admin time
- Prioritize fun and recharge time
- Create transition routines to/from work
- Ask for help or delegate tasks
- Delay saying “yes”
- Vocalize unspoken expectations
- Go with your gut reaction
- Focus on what you want more of rather than avoiding something “bad”
- Determine your daily dose of “good enough”
- Understand that worth is not only tied to achievement

Mental Health Care

Clinicians at The Perfect Therapy Group are expertly trained to support perfectionists in nuanced ways.

Give Us a Call
202-952-7105