

## Perfectionism

Perfectionistic individuals tend to hold very high standards, and are excessively critical in their appraisals. Perfectionism often begins in childhood, and can be directed internally with expectations and criticism of self, or externally toward others.

Moderate levels of perfectionism can be positive, as people who set high standards are more likely to challenge themselves, which can result in improved outcomes. Perfectionism only becomes an issue when standards and critical self evaluation is so high that maintaining them comes at a cost to our wellbeing and relationships. While pursuing excellence can be good, life isn't perfect, and we also need to be flexible with goals and kind on ourselves.

<b>A Perfectionistic Person</b>	<b>A Person Valuing Excellence</b>
Sets goals that are constantly difficult to achieve	Sets goals that are flexible and realistic
Takes little pleasure in successes	Celebrates successes
Fears failing and making any mistakes	Courageously accepts failing and making mistakes as part of learning
Sees self-worth as the same as superior performance	Sees self-worth as built on broader base than performance alone

### What You Can Do

- Review your score from the check in assessment - understand where you currently sit
- Look out for early warning signs as outlined above
- Try some simple DIY strategies as appropriate
  - Increasing meaningful activities other than performance based tasks - spend time with friends or family
  - Remember to set realistic goals
  - Ensure you are using good time management practices to avoid procrastination and overworking
  - Increase exercise

For further explanation on perfectionism and more detailed activities please visit the Western Australian Centre for Clinical Intervention

[http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=52](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=52)

References and Further Reading

1. Curran, T., & Hill, A. P. (2017, December 28). Perfectionism Is Increasing Over Time: A Meta-Analysis of Birth Cohort Differences From 1989 to 2016. Psychological Bulletin. Advance online publication. <http://dx.doi.org/10.1037/bul0000138>
2. University of Sydney CAPS, Learning to Manage Perfectionism. [http://sydney.edu.au/current\\_students/counselling/download-docs/learn-to-deal-with-perfectionism.pdf](http://sydney.edu.au/current_students/counselling/download-docs/learn-to-deal-with-perfectionism.pdf) Accessed 26th April 2018