

Perfectionism

According to the American Psychological Association (APA), perfectionism can be defined as "the tendency to demand of others or oneself an extremely high or even flawless level of performance, in excess of what is required by the situation." Alternatively, someone who tries to do their best sets challenging but achievable goals determined by circumstances.

Examples	
Perfectionism	or Doing Your Best
"You're either first or you're last!"	"Competing and doing you're best is all that matters. You can't control the outcome."
Making sure every grammatical issue is perfect even with it only being worth 2% of the total grade.	Spending equal time proportion to the grading structure and making sure you give it your best attempt.
"I want to lose 100 pounds this year."	I am going to follow my diet/lifestyle plan and I will lose whatever I lose.
If I fail this test, I will have to admit to everyone I am a failure.	I did my best studying and I can't predict what happens with the test. I am pleased with my effort heading into it.
If I'm not competing to win, why even play?	I enjoy competing and just want to enjoy myself.



Perfectionism Facts

Challenges a Perfectionist can face:

- Difficulty with commitment with a job, social life, or relationships due to never being good enough.
- Self-Esteem becomes dependent on performance over effort.
- Spends exuberant amount of time on simple decisions, which can lead to difficulties in relationships, work, or school..
- Avoidant of risk due to the fear of failure.

Issues a Perfectionist can encounter:

- Procrastinating, which can lead to anxiety, depression, or other stressors.
- Higher risk to well-being due to unrealistic world views and goals.
- Issues with empathizing with other individuals due to lack of ability to see another person's perspective on a situation.
- Difficulty in improvising during strenuous tasks due to getting stuck on fixing the fault that they make.

General Perfectionist facts:

- Possible to be a Perfectionist in one area but not another. Examples would be in school or work, but not in other areas.
- Perfectionism is not a permanent issue and can be adjusted through therapy.
- A perfectionist typically will get stuck looking at every detail when an issue happens instead of considering the bigger picture.
- Can lead to struggles in certain aspects of life due to a lack of ability to ask for help.

Ways to challenge Perfectionist Tendencies:

- Show up late for an appointment or work on purpose (be honest with your boss so you don't get in trouble!)
- Set a realistic standard and stick to it.
- Accept that your validation is the most important validation there is.
- Ask somebody for help with something you have perfectionist tendencies in.

Thought Experiment: Does it bother you they aren't perfectly aligned?