

"Progress is more important than perfectionism."

- Simon Sinek

HAVE SUGGESTIONS ON
WHAT TOPIC WE SHOULD DO NEXT
WEEK? SEND US AN EMAIL!

Wellness Group

Topic of the Week:

Perfectionism

DID YOU KNOW?



While the general population contains approximately 30% perfectionists, the percentage of perfectionists among the gifted population is close to 80%.

What is Perfectionism?

Perfectionism is often defined as the need to be or appear to be perfect, or even to believe that it's possible to achieve perfection. It is typically viewed as a positive trait rather than a flaw. People may use the term "healthy perfectionism" to describe or justify perfectionistic behavior.

Most people engage in perfectionism from time to time or in certain areas of life. People who are nearly full-time perfectionists may feel the need to achieve perfection constantly. They might also:

- **Not be able to perform** a task unless they know they can do it perfectly.
- **View the end product as the most important part** of any undertaking. As a result, they may focus less on the process of learning or completing a task to the best of their ability.
- **Not see a task as finished** until the result is perfect according to their standards or never feel like they can achieve a standard of perfectionism
- **Take an excessive amount of time** to complete a task that does not typically take others long to complete.



Recognising your own perfectionism

A desire to achieve is healthy, but an irrational desire to always be perfect can cause problems.

You may be experiencing perfectionism if you:

- Feel like you **fail at everything** you try
- **Procrastinate** regularly – you might resist starting a task because you're afraid that you'll be unable to complete it perfectly
- **Struggle to relax** and share your thoughts and feelings
- **Become very controlling** in your personal and professional relationships
- **Become obsessed with rules**, lists, and work, or alternately, become extremely **apathetic**



How to cope with perfectionism?

1. **Put your task into perspective.** One way to overcome perfectionist tendencies is to reel it back and look at the big picture.
2. **Release an imperfect creation into the world.** Another effective way to combat perfectionism is to send your creation off to your customers without it being perfect.
3. **Allow yourself to make mistakes.** This one's simple but definitely not easy to do. Feedback on mistakes will make your way to improve them that much easier.
4. **Enjoy the process.** A powerful way to overcome perfectionism is to enjoy the process of building your business, every step of the way.
5. **Talk to other people about your worries.** Getting a different perspective may help you relax in thinking about certain matters. In house, your HouseM, peer mentors and Head of House team will always offer to assist you.
6. **Distract yourself and create distance.** If you get too involved in trying to perfect something, you are likely to spiral into an unhappy mindset. Removing yourself from the situation or taking a break may help you cope with this.



Types of Perfectionism

Personal Standards Perfectionism: Someone who practices this type of perfectionism may adhere to a set of standards that motivate them. Others might still consider these standards to be high, but they are motivating to the person who sets them. This type of perfectionism is thought to be healthy, as it does not lead to excessive stress or burnout. People with personal standards perfectionism may be less likely to use harmful habits to cope with stress brought on by perfectionism. A person only has this type of perfectionism if their goals make them feel energized and not overwhelmed or paralyzed.

Self-critical perfectionism: This type of perfectionist is more prone to becoming intimidated by the goals they set for themselves rather than feeling motivated. They may more often feel hopeless or that their goals will never become reality. Research suggests that self-critical perfectionism is more likely to lead to negative emotions, such as distress, avoidance, anxiety, and self-condemnation.

Socially prescribed perfectionism: Outlined in a 2014 York University study, this type of perfectionism describes the demand for excellence often placed on people with jobs that require extreme precision, such as lawyers, medical professionals, and architects. Individuals in these professions experienced more hopeless thoughts, stress, and a higher risk for self-harm and suicide.



Pros and Cons of

PERFECTIONISM

Why is perfectionism harmful?

1. Perfectionism can lead to people trying to reach unattainable goals.
2. It can stop you going for something if you have a fear of failure or not achieving high standards.

Perfectionism could be positive, as long as you can deal with setbacks and not let your standards deter you from doing something.

1. High standards are desirable and can motivate people to work hard
2. Perfectionists are organized, which can help you deal with work.
3. It shows that you produce high efficiency work



Contact:

wellnessgroup@malverncollege.org.uk

For any support

