



Why being a perfectionist can hold you back

Perfectionism noun

per·fec·tion·ism | \ pər-ˈfek-shə-ni-zəm \

Definition of perfectionism

: a disposition to regard anything short of perfection as unacceptable

But wait, isn't striving for perfection a good thing?

Perfectionism is often mistakenly seen as a desirable trait for success. However, recent studies have shown that perfectionist attitudes actually interfere with success*.

**Source: NCBI, Your Best Life: Perfectionism—The Bane of Happiness*

How can perfection be a burden?

Desire for perfection can hold you back by leaving no room for error. You may focus on each and every aspect of the task at hand and all facets of your life, in a bid to make sure that everything is flawless. It can cause stress and even impact your relationships.

“

It has been found that women are more likely to be bitten by the perfectionist bug than men!

”

Two separate surveys, conducted in US and Australia found women, particularly working women, felt that they did not meet the high standards they set for themselves.

Sources:

- <http://news.bb.co.uk/2/hi/health/8072739.stm>
- <https://www.smh.com.au/>

Are you weighed down by the burden of perfectionism ?

Here are a few key traits of perfectionists. Do they sound familiar to you?

Having the all-or-nothing mindset

A perfectionist will accept nothing less than perfection. Even an "almost perfect" is a failure.

Being highly critical

They focus on imperfections and have trouble seeing anything else. They're very hard on themselves and even others when a "failure" does occur.

Setting unrealistic standards

Perfectionists often set their initial goals out of reach.

Prone to procrastination

Due to the fear of failure, perfectionists may sometimes worry so much about doing something imperfectly that they struggle even to get started.

Feel very demotivated and disillusioned by unmet goals

They tend to beat themselves up much more and wallow in negative feelings when their high expectations go unmet.



Choose progress over perfectionism

If you feel that your perfectionist tendencies are coming in the way of you leading a stress-free life, here are a few steps you could take.

Take a closer look

Examine all the ways perfectionism is hurting you and your loved ones and you'll be more motivated to shed these tendencies.

Record your perfectionist thoughts

At the end of the day, take a stock of all the instances where you felt you didn't do well or failed. This will help you become aware of your patterns.

Switch to positive

When you notice something you don't like about yourself or your work, think of something that you do like. This will help you balance out your critical focus.

Assess your goals

Instead of making lofty goals, set bite-sized ones and reward yourself when you achieve them. It'll help you be more forgiving with mistakes.

Tackling perfectionism is not about lowering your measures of success. It's about maintaining a balance between what you hope to achieve, the resources you have, and your own well-being.

