Perfectionism

– from **Daring Greatly** by Brené Brown

"Shame is an unspoken epidemic, the secret behind many forms of broken behavior."

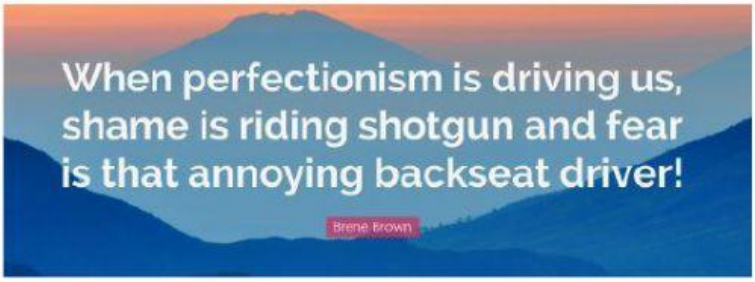
"Perfectionism is not self-improvement. Perfectionism is, at it's core, about trying to earn approval. Somewhere along the way, they adopted this dangerous and debilitating belief system: "I am what I accomplish and how well I accomplish it. Please. Perform. Perfect."

Whereas guilt is adaptive and helpful – it's holding something we've done or failed to do up against our values and feeling psychological discomfort.

Healthy striving is self-focused: How can I improve?

Perfectionism is other-focused: What will they think?
Perfectionism is a hustle."

Shame is a focus on self, guilt is a focus on behavior. Shame is "I am bad." Guilt is "I did something bad."

Reflection:

Explain this quote and relate to it from your own experience, do you agree with it?