

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 its 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?

When perfectionism is driving us,
shame is riding shotgun and fear
is that annoying backseat driver!

Brené Brown