Perfectionism



Brené Brown, Ph.D. distinguishes between perfectionism and healthy striving for excellence.

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

Perfectionism is other-focused: What will they think?

Here are her definitions of perfectionism:
Paraphrase them in your own words

1. Perfectionism is a self-destructive belief system which fuels this thought: If I look perfect and do everything perfectly, I can avoid or minimize the painful feelings of blame, judgement, and shame.

2. Perfectionism is an unattainable goal. It's more about perception than internal motivation.

3. Perfectionism is addictive- when we experience shame, judgement and blame, we often believe it's because we weren't perfect enough. Rather than questioning the faulty logic of perfectionism, we become even more determined in our quest to look and do everything just right.

And, here's her opinion on what perfectionism is NOT:

Translate the following sentences to Hebrew.

Perfectionism is a protective mindset where fear and **shame** fuel a focus on what others think and results in self-doubt. Anxiety is usually present when **perfectionism** is running your life.

It's not the self-protection we think it is. It's a 20 ton shield we carry around, thinking it will protect us, when in fact it's the thing that's really preventing us from being seen.

Perfectionism is not self-improvement. Perfection is, at its core, about trying to earn approval. Early praise for achievement and performance has become a dangerous belief system: "I am what I accomplish and how well I accomplish it, please, perform, perfect, prove."

Perfectionism is not the key to success. In fact, research shows perfectionism holds back achievement and is correlated with anxiety and missed opportunities- The fear of failing, making mistakes, not meeting people's expectations, and being criticized keeps us outside the arena where healthy competition and striving unfolds.

Reflection:

Dr. Brene Brown claims perfectionism is not about healthy achievement and growth. what do you think about her perception of perfectionism. Relate to her statements and give examples from your own life. Do you agree with her view?

Harvard Medical School psychologist Susan David's tips for stopping destructive self-talk.

5 techniques to step out of your destructive self-talk

Choose 2-3 techniques and apply them to a suitable situation you have experienced in your life.

- ✓ Think process. See yourself as being on a path of continuous growth.

- ✓ Have a laugh. Humor forces you to see new possibilities. Find something funny about yourself. It will help you accept and create distance from it.

- ✓ Change your point of view. Consider your problem from the perspective of someone else.

- ✓ Call it out- Identify that thought or emotion for what they are. "I'm having the thought that....." "I'm having the emotion that....." You don't have to accept or act on them.

- ✓ Talk to yourself in the third person. _____ has something important to say in class.

https://www.thegrowthfaculty.com/blog/4destructivetraitsofperfectionismfromDrBrenBrown