

Perfectionism

Information on what perfectionism is and a self-help workbook:
<https://www.anxietybc.com/sites/default/files/Perfectionism.pdf>



HOW TO OVERCOME PERFECTIONISM

Most people would consider having high standards a good thing. Striving for excellence can show that you have a good work ethic and strength of character. High standards can also push you to reach your peak level of performance. For example, athletes often train long and hard to reach excellence in their sports.

Perfectionism, on the other hand, involves a tendency to set standards that are so high that they either cannot be met, or are only met with great difficulty. Perfectionists tend to believe that anything short of perfection is horrible, and that even minor imperfections will lead to catastrophe.

The Mindshift App could be helpful:

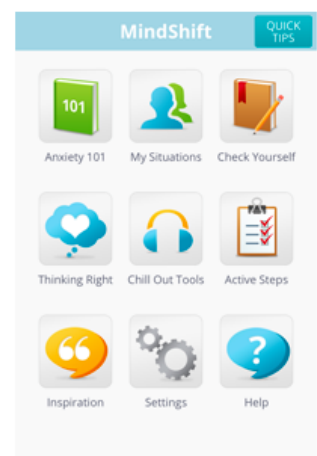
<https://www.anxietybc.com/resources/mindshift-app>

MindShift App

Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. **MindShift** is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle:

- Making Sleep Count
- Riding Out Intense Emotions
- Test Anxiety
- Perfectionism
- Social Anxiety
- Performance Anxiety
- Worry
- Panic
- Conflict



Think of **MindShift** as your portable coach helping you face challenging situations and take charge of your life.

A self-help blog

<http://www.harleytherapy.co.uk/counselling/how-to-stop-being-a-perfectionist.htm>



How to Break Through Perfectionism When Other Advice Fails

By Harley Therapy 📅 September 23, 2014 🏷️ Anxiety & stress, Counselling

4

3

BY ANDREA BLUNDELL

Is perfectionism really such a big deal? As a self-development topic it certainly gets so much press that perhaps you are tired of hearing about it, and prefer to see your habit of wanting the best out of every situation as nothing to worry about.



But [is your perfectionism helping you or harming you?](#)

Psychology identifies two types of perfectionism. If your perfectionism is not