What is the problem with perfectionism? Perfectionism is frequently seen as a positive quality, however, perfectionists tend to set unattainable goals and experience frustration when they do not meet those goals. Many perfectionists equate their own self-worth with their successes and failures. In addition, some perfectionists may adopt an attitude that says “it’s not worth it” if it can’t be done perfectly and therefore, they may not even try.

The Self-Defeating Cycle of Perfectionism

Give up on goal ➔ Set unrealistic goal ➔ Failure to meet goal ➔ Increased Stress ➔ Lowered self-esteem ➔ Give up on goal

Tips for Defeating Perfectionism:

**SET A GOAL:**
Set a goal. This goal is something you know is going to be at least 80% achievable.

**EVALUATE THE PROCESS:**
Re-evaluate your methods while working towards this goal. Try to find your strengths and weaknesses.

**USE THE 80% RULE:**
Achieving 80% can still lead to success. A partial success is still a step in the right direction.