



Photo Credit: hue12-photography

If procrastination, *overthinking*, or difficulty making decisions is a concern of yours, there's a good chance that elements of perfectionism are acting out in your life!

Here is a straightforward assessment. Ask yourself the questions on the list below:

DO I:

- Take things personally?
 - Avoid risks?
 - Want to feel in control and perform tasks flawlessly?
 - Need to be right and seem smart?
 - Fear disapproval or negative feedback?
 - Mainly notice what is *wrong* with something, rather than what is good or working well?
 - Tend to be inflexible vs. spontaneous?
- Tend to think what I do is never good enough?

These are common characteristics of a “perfectionistic” individual. If you answered YES to most of them, your perfectionistic tendencies or behaviors may not necessarily be entirely negative. You see, just like personality characteristics, perfectionism comes in degrees. Some people can be **paralyzed** by their perfectionism, while others find themselves **empowered** by it. Most perfectionists, more often than not, will be somewhere in between these two extremes.

*** *** ***

If you answered YES to most of the questions above, ask yourself these 2 questions:

1. How do I get drawn in by perfection?
2. Why do these things matter to me?

Confronting our own perfectionistic behaviors and becoming aware of how they show up in our day-to-day world is the first step to shifting them. If you tend toward perfectionism, you may have noticed at times how it can intrude on your sense of wellbeing, your relationships, and/or on your work? If you are hampered by perfectionistic thinking and behavior, consider seeking professional support to help you take charge, understand which of the 3 kinds of perfectionists you may be, and when perfectionism can actually empower you.

