

The Three “Flavours” of Perfectionism

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Instructions:

Perfectionism is about the unrealistic expectations that people might have for themselves and for other people in their life. Perfectionism comes in three different “flavours”: (1) Some people expect themselves to be perfect, (2) Some people expect other people to be perfect, and (3) Some people think that other people in their life, like a parent, coach, or teacher, expect them to be perfect.

Below are a number of phrases that correspond with each flavour. These are the types of thoughts and feelings people can have. Your task is to sort these phrases and match each one with the correct flavour. Draw the line from the thought or feeling to the correct flavour.

“I WANT TO BE PERFECT IN EVERYTHING I DO”

“I EXPECT A LOT FROM MY FRIENDS”

“I FEEL THAT PEOPLE ASK A
LOT OF ME”

“MANY PEOPLE IN MY LIFE EXPECT
ME TO BE PERFECT”

“I EXPECT A LOT FROM MY FRIENDS”

“I TELL MY FRIENDS OFF WHEN THEY

“I ALWAYS TRY TO BE AS
PERFECT AS I CAN”

ACCEPT SECOND BEST”

“MY FAMILY EXPECTS EVERYTHING TO

“PEOPLE EXPECT MORE FROM
ME THAN I AM ABLE TO GIVE”

BE PERFECT”

“I GET ANGRY WHEN I DON’T DO MY BEST”

“I FEEL THAT I HAVE TO DO MY BEST

ALL THE TIME”

“EVERYTHING I DO HAS TO BE PERFECT”

“THE PEOPLE AROUND ME SHOULD
NEVER LET ME DOWN”

“OTHER PEOPLE THINK I HAVE FAILED IF I AM NOT THE BEST”



WHEN YOU
EXPECT
YOURSELF TO
BE PERFECT



WHEN YOU
EXPECT OTHERS
TO BE PERFECT



WHEN YOU
THINK OTHERS
EXPECT YOU TO
BE PERFECT