

# Perfectionism versus "Doing Things Well"

## Instructions:

Perfectionism is about the unrealistic expectations that people might have for themselves and for other people in their life. This is different from doing things well or doing things the best you can. Below are a number of phrases that correspond with perfectionism OR doing things well. Your task is to identify whether the phrase is about perfectionism or doing things well. Draw a line to the correct phrase at the bottom of the page.

Hanging out with people only if they are smart, popular, or star athletes and refusing to spend time with anyone who does not fit this mould.

Taking lessons and practising or playing every day to ensure you are

Completing the tasks set for a project, working hard on it, handing it in on time and feeling good about what you learned.

Being upset at receiving an award with a misspelling on it.

Accepting an award with pride even though there is a misspelling on it (it can be fixed later).

Choosing to work in a group because you enjoy learning things from different people's experiences and ways of doing things.

Avoiding trying new things and having new experiences because you are afraid of making a mistake and publically embarrassing yourself.

Joining a sport team (or other activity) and practising/playing two or three times a week for fun and friendly competition.

Accepting an award with pride even though there is a misspelling on it (it can be fixed later).

Hanging out with people because you think they are interesting, likeable and fun to be with.

Trying new things even if you find them a bit scary, and learning from your experiences and mistakes.

Not being able to leave your bedroom until everything in the room is just so.

Studying hard for an exam, sitting it with confidence, and feeling good about getting score of 9 out of 10 or an A instead of an A\*.

Keeping your room clean and tidy, regularly making the bed and putting your clothes away

Choosing to always work alone because no one can do the work as good as you and you are not about to let anyone else ruin your chances of getting an A\*.

Rewriting an essay over three times, staying up all night and handing it in late because you had to get it right (and then still feeling bad about it).

Cramming in revision until the last minute before a test, taking the test with sweaty palms, and then feeling bad about getting an A as your friend got an A\*

TRYING TO DO THINGS PERFECTLY

TRYING TO DO THINGS WELL

# The Three "Flavours" of Perfectionism

## Instructions:

Perfectionism is about the unrealistic expectations that people might have for themselves and for other people in their life. Perfectionism can feature in lots of different areas of people's lives such as school or sport.

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