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For more information please contact RaY at ray@yorksj.ac.uk
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.

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

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).

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*.

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