

Strategies to help with perfectionism and setbacks

Instructions: There are lots of different strategies people use to help manage perfectionism. Some of them are listed below. For each one, think about how you or a friend might use the strategy.

<p>Staying positive</p> <p>It is easier to focus on the negatives, especially when things go wrong. People often find it easier to remember the small things that went wrong, rather than the big things that went right.</p>	<p>How could you (or how could you help a friend) stay positive? For example, remind yourself of when you have worked through difficult situations.</p>
<p>Keeping things in perspective</p> <p>We often overgeneralise the failures and setbacks we have – “I’m rubbish at this” rather than thinking “that test didn’t go well but there will be other tests”.</p>	<p>How could you (or how could you help a friend) keep things in perspective?</p>
<p>Ask for help</p> <p>Feeling like you need to do things perfectly can make asking for help harder. However, being able to ask for help is important and a strength not a weakness</p>	<p>How could you (or how could you help a friend) ensure that you can ask for help if you need it?</p>