

Overcome Perfectionism

& Learn to Love Your Imperfect Self

1. Lower your expectations. When we expect perfection from ourselves and others, we're always going to be disappointed because no one can live up to our standards.
2. Watch for perfectionist thinking. As perfectionists, we often get stuck in all or nothing thinking, such as "I'm a success or a failure" or "I'm attractive or I'm ugly" when in reality there's lots of space in between these extremes.
3. Adopt a growth attitude. A growth attitude focuses on learning from your mistakes. The only way to improve at something is to try, fail, and try some more.
4. Forgive yourself. One way to show yourself compassion and self-acceptance is to forgive yourself for your imperfections and mistakes. Remind yourself that everyone is imperfect and screws up sometimes.
5. Focus on the process, not just the outcome. Perfectionists measure success and self-worth by their achievements. Instead, try doing things for the experience, for fun, or because you've always wanted to try them.
6. Share your struggles. One of the ways that we can break free of the shame that underlies perfectionism, is to share more of our authentic (aka flawed) selves with people we trust.
7. Love yourself flaws and all. Loving yourself unconditionally means you don't have to be perfect or earn love and acceptance.

