

COLOR OUTSIDE THE LINES

Defining Perfectionism

SELF- ORIENTED PERFECTIONISM



Having an internally motivated desire to be perfect while holding unrealistically high expectations for yourself.

Setting unrealistic standards for others - while being highly critical of others' performance.



OTHER- ORIENTED PERFECTIONISM

SOCIALLY PRESCRIBED PERFECTIONISM



Adhering to extremely high perceived external standards due to social norms embedded in relevant social groups. Studies have shown that socially prescribed perfectionism is negatively associated with life satisfaction and may lead to depression and/or anxiety.

COLOR OUTSIDE THE LINES

Tips for Challenging Perfectionism

It's not "failure",
it's data!

Practice
self-compassion!

Challenge the
"all-or-nothing" mindset!

Challenge the status quo!

Value the journey!

Come to the
Wellness Resource Center!



SUFFOLK
UNIVERSITY
BOSTON

COUNSELING, HEALTH
& WELLNESS SERVICES