Defining Perfectionism

**SELF-ORIENTED PERFECTIONISM**

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

**OTHER-ORIENTED PERFECTIONISM**

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

**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.
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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

73 Tremont St, 5th Floor | 617.573.8226 | suffolk.edu/chw