

## **HELPFUL THINGS TO SAY TO MYSELF TO OVERCOME PERFECTIONISM**

- **No one can be totally perfect.**
- **I'm not perfect and I never will be — tough!**
- **It's okay to want to do my best.**
- **Doing well does not necessarily mean being the best.**
- **I perform in many different roles and it is highly unlikely that I will excel in every role at all times.**
- **Just because I make a mistake does not mean *I* am a mistake.**
- **To be human is to err.**
- **The pressure I put on myself to perform perfectly is an unrealistic pressure that can actually cause me to perform worse because I will be worried and nervous.**
- **The pressure I put on myself to perform perfectly creates an extra source of stress that can affect me emotionally and physically.**
- **Trying to do my best is a reasonable goal, but it will not always be achieved.**
- **Few things in life are exact. Things can be done in a variety of ways and have many different solutions.**
- **People do not always agree on what is correct or right. Judgments are often subjective. I will try to set my own realistic goals, please myself, and have the strength to be creative and different in the face of others' potential disapproval.**
- **Our whole society is geared to expect that people will make mistakes and errors. Examples are traffic tickets, prison, consumer recalls, consumer complaints, refunds, legal suits, etc.**
- **True friends accept imperfection.**

- **Mistakes do not equal incompetence.**

**Mistakes are just mistakes —period!**