SOFTENING PERFECTIONISM

Life experiences create sense of fear, unworthiness, or shame

"See, I'm a failure."

If I make a mistake, I will be rejected or someone will be hurt

Make a list of people or animals whose lives have been enhanced by your presence.

Acknowledge trauma. Practice Self-Compassion. Differentiate past and present.

Challenge the assumption. Practice self-forgiveness. Limit contact with extremely critical people.

Exhaustion / Breakdown

Take the time it takes to rest and heal.

Challenge the assumption. Recall times when you made a mistake and the world didn't end.

"It will be the end of the world"

Reprioritize. Practice mindfulness in response to fear.

Allow self to relax and be curious. Notice resistance that arises.

Challenge shoulds and clarify own wishes and goals.

Inability to meet expectations--"I can't do this anymore but I'm terrified of stopping."

Impossible expectations of self. Becoming a human doing instead of human being. Loss of sense of ones essential nature.

Tyranny of Shoulds: "If I can just do ____ and ____ and ____ and do it all perfectly, I will be okay."

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