How these Behaviours maintain Perfectionism

Perfectionism behaviours keep you from learning whether or not your perfectionistic beliefs are true. For example, a person who has difficulty delegating tasks to colleagues may hold the belief that this is necessary to maintain their high standards in the workplace. By continuing to not delegate work, the perfectionist is unable to test whether their beliefs are accurate.

Perfectionism Behaviours can also be problematic in that: they are often time consuming; they are sometimes done at the expense of other important activities; they can impair relationships; and sometimes can actually interfere with attempts to meet the standard set.

Reducing Perfectionism Behaviours*

One way to test the accuracy of perfectionistic beliefs is to see what happens when you behave differently.

Stepladders Towards Change

◊ Choose a specific goal behaviour to change,
◊ Break the goal down into small steps by changing who is there, what you do, when you do it, where you do it, and how long you do it for.
◊ Complete each step, one at a time, beginning with the least difficult and working your way up.
◊ Do a step frequently and repeatedly, to make sure you are comfortable with it before you move on.

Behavioural Experiments

◊ Behavioural Experiments help loosen the grip of your perfectionism and test out the accuracy of your perfectionistic beliefs by seeing what happens when you change your perfectionism behaviours.

We encourage you to try reducing your perfectionism behaviours. You may be pleasantly surprised at how much more time you have, and how little it affects your performance!

*For more detailed information regarding the use of these techniques see Perfectionism in Perspective Module 5.

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