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.
- 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!**