

NOBODY'S PERFECT: MANAGING PERFECTIONISM WITH COMPASSION

Let's engage in an activity that will help you understand the way you talk to yourself and help you be more compassionate towards yourself.

- Take a piece of paper and divide it into three columns.

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- In the first column, write down some situations where you tend to be critical of yourself. Let's take a moment to reflect on how we approach our own mistakes and shortcomings.
- Think about a time when you made a mistake or didn't meet your own expectations. What was your immediate reaction? Did you criticise yourself harshly, or were you able to approach the situation with self-compassion? For example, it could be a mistake you made at work or school, a project that didn't turn out as well as you had hoped, or a social interaction that didn't go as planned.

Situation	What would I tell myself?	What would I tell my friend?
My assignment that didn't match my expectations		

- In the second column, write down what your inner critic says to you in these situations. Be honest and specific, and try to capture the tone and language of your inner critic.
- If you are unable to think of a situation where you were critical towards yourself, answer this question: How do I tend to talk to myself when I don't complete a task flawlessly?

Situation	What would I tell myself?	What would I tell my friend?
<p>My assignment that didn't match my expectations</p>	<p><i>"I am such a loser. I can't do anything properly!"</i></p>	

- Now, imagine a scale from 1 to 10, with 1 being the harsh critic and 10 being the compassionate voice. Think about where you fall on this spectrum. Are you closer to the harsh critic or the compassionate voice?
- In the third column, write down how you would respond to a friend who was going through a similar situation. What words of support and encouragement would you offer them? How would you show them compassion?

Situation	What would I tell myself?	What would I tell my friend?
<p>My assignment that didn't match my expectations</p>	<p><i>"I am such a loser. I can't do anything properly!"</i></p>	<p><i>"It's alright, don't be so hard on yourself. You can always do better next time."</i></p>

- Take a step back and look at the 3 columns. Notice how the language and tone in the second column are likely harsher and more judgmental than the language and tone in the third column.

- Reflect on how you can start to move towards a more self-compassionate mindset. What would it look like to offer yourself the same support and encouragement that you would offer to a friend? How can you be kinder and more understanding towards yourself?



So, let's practise this compassionate approach. Next time you make a mistake or fall short of your own expectations, try to shift towards the compassionate end of the spectrum. **Ask yourself, "What can I learn from this situation?" and "How can I grow from this experience?"**

With consistent efforts, you can move towards a more compassionate voice and manage your perfectionism in a healthier way. Remember, self-compassion is a journey, not a destination, so be patient with yourself and keep practising. Small steps can make a big difference in the long run.



Managing perfectionism is an ongoing journey, and it requires patience, self-awareness, and a willingness to embrace imperfection. By approaching yourself with compassion, you can create a more balanced and fulfilling life that celebrates progress over perfection.

If you, or someone you know is looking to seek professional help, reach out to us at <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.