

NOBODY'S PERFECT: ACCEPTING & MANAGING PERFECTIONISM

Have you ever heard the phrase, 'Nobody's Perfect'? It's a common saying, but have you ever stopped to think about what it really means?



Imagine a pottery artist who is crafting a beautiful vase. They carefully mold the clay, smoothing out every imperfection and flaw until it looks PERFECT. But here's the thing - even though the vase may look perfect, it's not truly perfect. There may be tiny imperfections that can only be seen up close or with a magnifying glass.

And that's completely normal because achieving perfection all the time is impossible, and striving for the same constantly can create a lot of pressure and negatively impact your mental health. Just like the pottery artist, you too can strive for excellence in your life, but it's important to remember that perfection may be unattainable sometimes.

This worksheet will help you explore how to accept and manage your perfectionistic tendencies so that you can live a more fulfilling and balanced life.

Let's dive in!

As a perfectionist, you may have an inner voice towards yourself - one is either critical or compassionate. **The critic is the voice that tells you that you're not good enough, that you'll never achieve your goals, or that you'll never be perfect.** It's that nagging voice that points out all of your flaws and mistakes and acts as a trigger for you to be a perfectionist.



On the other hand, the voice of compassion is gentle, understanding, and forgiving. It acknowledges your imperfections and encourages you to be kinder to yourself. It's the voice that tells you that it's okay to make mistakes and that you're doing the best you can.

For example, imagine that you're working on a project for school or work, and you're really invested in making it perfect.

As you're working, you notice that you've made a mistake. Your inner critic starts to take over and tells you that you're not good enough and that you'll never get it right. You start to feel anxious and overwhelmed.

But what if you could tune in to your inner voice of compassion instead?

You could acknowledge your mistake but also remind yourself that mistakes are a natural part of the learning process. You could give yourself a little pep talk, saying something like, "It's okay. I'm doing my best, and that's all that matters. I'm learning and growing as I go."

By practising self-compassion, you can gradually shift your inner voice from being critical to being more compassionate and manage your perfectionism effectively.



**If you're trying to manage perfectionism,
here are some affirmations you can use:**

**I LOVE
AND
ACCEPT
MYSELF**

**I AM
WORTHY**

**I AM
WHOLE**

**I TRUST
THE
PROCESS**

**I OWN
MY
STORY**

**I FOCUS ON
MY OWN
JOURNEY AND
UNIQUE PATH**

**I AM
ENOUGH**

**I CHOOSE
PROCESS OVER
PERFECTIONISM**

**MY WORTH
DOES NOT
DEPEND ON
MY WORK**

**I CHOOSE TO BE
COMPASSIONATE TO
MYSELF TODAY**

In the next worksheet, we will be going over the critic-to-compassion spectrum activity to accept and manage perfectionism for a more fulfilling life.

[Watch the video for Nobody's Perfect: Accepting and Managing Perfectionism here.](#)

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <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.