

# **Perfectionism**

## **Social Anxiety West Topic Session**

Perfectionism is common with social anxiety and other anxiety problems. It can drive us to do well but at the same time make us feel stressed and anxious. These questions are intended to prompt your thinking around the topic. You do not have to answer them, although it may be beneficial to you if you do.

### **Questions**

- **What kind of things are you a perfectionist about?**
- **How is your performance related to your sense of self-worth, if at all?**
- **What is the emotion that drives your perfectionism; satisfaction, fear, enjoyment, something else?**
- **Is perfectionism more about doing well or not doing badly?**
- **Why do you think perfectionism is associated with social anxiety?**
- **What are the pros and cons of trying to do something perfectly?**
- **How do you decide if your performance is good enough?**
- **What do you predict would happen if you were not perfect in the things you are a perfectionist about?**
- **If you are not perfect, could what you have achieved still be good enough for other people?**
- **What are some things that are perfect?**
- **How do you find it when other people are perfectionistic?**
- **In what ways could making a mistake be something positive for yourself, for other people, and for your relationships with them?**