

Perfectionism in Adolescence

Healthy Striving

- Sets own, attainable goals
- Leaves no stone unturned
- Can validate self internally
- Doesn't demand of others
- Internally Motivated
- Understands failures are a necessary part of life

Perfectionistic Striving



- DRIVE TO ATTAIN ACCOMPLISHMENT
- LEAVE NO STONE UNTURNED
- MOTIVATED BY POSITIVE OUTCOMES

Perfectionistic Concern



- DESIRE TO AVOID MISTAKES
- FEAR OF FAILURE
- FEAR OF BEING VIEWED NEGATIVELY BY OTHERS

VS.

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When perfectionism is driving us, shame is always riding shotgun and fear is the backseat driver.

BRENÉ BROWN

Unhealthy Perfectionism

- Anything short of “perfect” leaves them feeling disappointed
- Tries to live up to the expectations of others
- Compares self to others
- Never feels “enough”

Warning Signs

- Somatic symptoms
- Suddenly unable to complete “assignments/activities”
- Self-deprecating comments
- Thinking errors (catastrophizing)
- Unable to let go of mistakes
- Afraid of the future

Edward Dreslinski, LCSW

socopsychotherapy.com

512-592-9303

edward@socopsychotherapy.com

YOUR CHILD WILL
FOLLOW YOUR
EXAMPLE, NOT
YOUR ADVICE.

Parent Suggestions

- Praise effort, NOT outcome
- Be open with your failures
- Allow an age appropriate amount of self determination
- Emphasize balance in life
- Trust patterns and watch for any break in them

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The Wholehearted Parenting Manifesto

Above all else, I want you to know that you are loved and lovable. You will learn this from my words and actions--the lessons on love are in how I treat you and how I treat myself.

I want you to engage with the world from a place of worthiness. You will learn that you are worthy of love, belonging, and joy every time you see me practice self-compassion and embrace my own imperfections.

We will practice courage in our family by showing up, letting ourselves be seen, and honoring vulnerability. We will share our stories of struggle and strength. There will always be room in our home for both.

We will teach you compassion by practicing compassion with ourselves first; then with each other. We will set and respect boundaries; we will honor hard work, hope, and perseverance. Rest and play will be family values, as well as family practices.

You will learn accountability and respect by watching me make mistakes and make amends, and by watching how I ask for what I need and talk about how I feel.

I want you to know joy, so together we will practice gratitude.

I want you to feel joy, so together we will learn how to be vulnerable.

When uncertainty and scarcity visit, you will be able to draw from the spirit that is a part of our everyday life.

Together we will cry and face fear and grief. I will want to take away your pain, but instead I will sit with you and teach you how to feel it.

We will laugh and sing and dance and create. We will always have permission to be ourselves with each other. No matter what, you will always belong here.

I will not teach or love or show you anything perfectly, but I will let you see me, and I will always hold sacred the gift of seeing you. Truly, deeply, seeing you.

[Helpful Article](#)

https://www.washingtonpost.com/news/parenting/wp/2018/01/25/lets-stop-telling-stressed-out-kids-theyre-putting-too-much-pressure-on-themselves-its-making-things-worse/?noredirect=on&utm_term=.ff562ee5887e

*****Happy to provide link electronically to anyone who sends me an email request to do so