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.
• I perform in many different roles and it is highly unlikely that I will excel in every role at all times.
• 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!