

Done Is Better Than Perfect

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In the world of PSYCHOLOGY, PERFECTIONISM is defined as the need to be or appear to be perfect, or even to believe that it's possible to reach or achieve perfection. It is typically viewed as a positive trait rather than a flaw (fault). People may use the term “healthy perfectionism” to describe or justify (condone or defend) perfectionist behavior. The question is “is perfectionism really healthy or can it lead to other mental health OBSTACLES or conditions?”

Watch the TED talk Perfectionism- the battle of never feeling quite good enough on YouTube. Start at 2:45 minutes and go until the 4:00 minute mark.

Spell: PSYCHOLOGY PERFECTIONISM OBSTACLES

Perfectionism is defined as the need to be or appear to be _____. PERFECT

Perfectionism is typically viewed as a positive _____. TRAIT

What is another word for flaw that we read? FAULT

What is a term people may use to justify perfectionism? HEALTHY PERFECTIONISM

We read two words that mean the same as justify, name one. CONDONE, DEFEND

We read perfectionists need to be or appear to be perfect or even believe perfectionism is possible to _____. REACH, ACHIEVE

What is psychology the study of? MIND AND BEHAVIOR

How would you describe the term “healthy perfectionism?”



It may be surprising to some people that anxiety and stress can be PRECURSORS (coming before) or CONSEQUENCES of perfectionism. Studies have shown 30% of people try to control their stress and anxiety by being “perfect”. What becomes PERPLEXING (baffling, bewildering) is that the more one pushes for perfection the worse their symptoms become. Other people are perfectionists from as far back as they can remember then eventually, they develop stress and/or anxiety. It may take work but there can be a healthy balance when it comes to striving (trying, attempting) for perfection.

Spell: PRECURSORS CONSEQUENCES PERPLEXING

Some people try to control _____ and stress by being “perfect”. ANXIETY

From what we read the more one pushes for perfect the worse their _____ become. SYMPTOMS

Some people may start out as a perfectionist and then develop anxiety and or _____. STRESS

From what we read what does precursor mean? COMING BEFORE

What is another word that we read for perplexing? BAFFLING BEWILDERING

What is a synonym for striving that we read? TRYING, ATTEMPTING

What percent of people try to control stress and anxiety by being perfect? 30%

What type of professional might one seek to achieve a healthy balance when it comes to perfectionism?

PSYCHIATRIST PSYCHOLOGIST



How does one know if they truly are a perfectionist? There are several DISTINGUISHING (discerning, tell apart) traits. Let's take a look at all-or-nothing thinking. Perfectionists, like high ACHIEVERS, tend to set high goals and work hard towards them. The difference is, a high achiever can be satisfied with doing a great job even if their COMPREHENSIVE (broad, extensive) goals aren't completely met. Perfectionists will accept nothing less than perfection. "Almost perfect" is seen as a failure. This type of thinking can eventually become DETRIMENTAL to one's mental and physical health. Learning to shift from "all or nothing" thinking to striving for goals and doing your best can be difficult but it's a great step for the perfectionist.

Spell: DISTINGUISHING ACHIEVERS COMPREHENSIVE DETRIMENTAL

We read there are several distinguishing _____ of a perfectionist. TRAITS

The trait read about in this paragraph is the type of thinking described as _____? ALL-OR-NOTHING

In this section we learned perfectionist accept nothing less than _____. PERFECTION

We read a perfectionist sees "almost perfect" as a _____. FAILURE

We read this type of thinking can be detrimental to one _____ and _____ health. MENTAL PHYSICAL

What is another word or phrase we read that means distinguishing? DISCERNING TELL APART

What is a synonym we read for comprehensive? BROAD EXTENSIVE

Think of a time you had a goal. How did you feel when you achieved it? If you didn't quite meet that goal, how did you feel?



Another CHARACTERISTIC of a perfectionist is focusing only on results. People who are high achievers can enjoy the process of chasing a goal as much or more than actually reaching the goal itself. CONVERSELY (the opposite, on the other hand), perfectionists see the goal and nothing else. They tend to be overly concerned about meeting the goal and terrified of the dreaded failure. It is extremely difficult for perfectionists to enjoy the process of growing and striving towards a goal. Fear plays such a strong role in their UNYIELDING (determined, inflexible) need for perfection that all they can see are the results, not the journey getting there.

Spell: CHARACTERISTIC CONVERSELY UNYIELDING

We read another characteristic of a perfectionist is focusing only on _____. RESULTS

From what we read people who are high achievers can enjoy the process of chasing a _____. GOAL

We read _____ plays such a strong role in a perfectionists need for perfection. FEAR

What did we read conversely means? THE OPPOSITE, ON THE OTHER HAND

We read it is extremely difficult for perfectionist to enjoy the process of _____ and _____ towards a goal. GROWING, STRIVING

What is another word that we read for unyielding? DETERMINED INFLEXIBLE

We read that perfectionists are terrified of failure. What else may they be afraid of? How could this play into their need for perfection?



Feeling depressed by unmet goals, this is another trait of the perfectionist. Depression can range from feeling down to significant impairment in doing daily tasks. They are much less happy and EASYGOING than high achievers. Studies show high achievers can bounce back fairly easily from DISAPPOINTMENT, perfectionists tend to beat themselves up much more and WALLOW (grovel, bask) in negative feelings when their high EXPECTATIONS go unmet. They struggle to move on when things don't work out the way they had hoped. Therapy is often helpful for the person who finds themselves in a depression because of a PERCEIVED (recognize, view) failure. Seeking help is the first step to feeling better.

Spell: EASYGOING DISAPPOINTMENT WALLOW EXPECTATIONS PERCEIVED

We read feeling _____ by unmet goals is another trait of the perfectionist. DEPRESSED

From what we read perfectionists are much less happy and easygoing than high _____. ACHIEVERS

We read when things don't work out perfectionists struggle to _____. MOVE ON

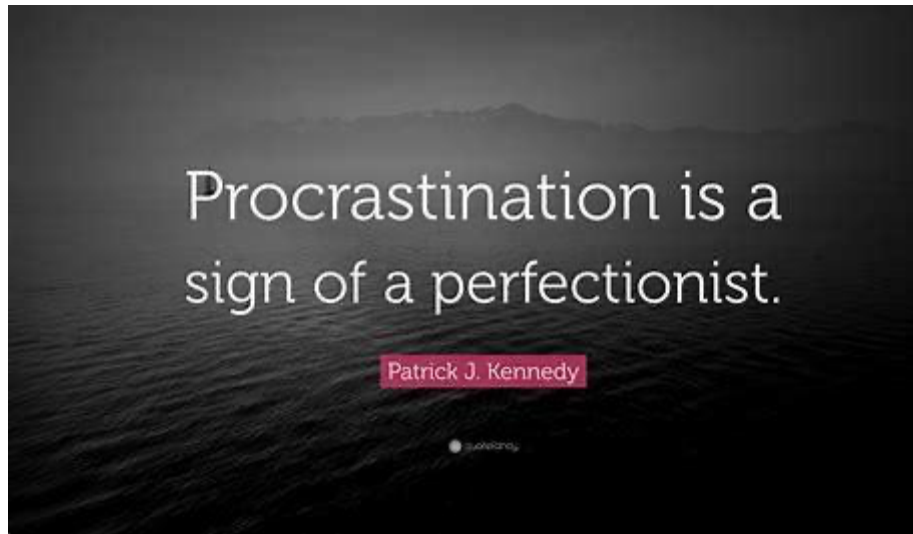
What did we read can be helpful for the person who finds themselves in a depression because of a perceived failure? THERAPY

What is another word for wallow that we read? GROVEL, BASK

What is a synonym for perceived that we read? RECOGNIZE, VIEW

What is another mental health condition that failure may contribute to? ANXIETY, PANIC ATTACKS etc.

Besides therapy, what else may someone try to reduce depression? EXERCISE, MEDITATION, MEDICATION etc.



PROCRASTINATION is defined as the action of delaying or postponing something. It may seem PARADOXICAL (contradictory, inconsistent) that perfectionists would be prone to procrastination, but they definitely are. It would seem unlikely as procrastination is DETRIMENTAL (harmful, damaging) to productivity, but studies show it does go hand in hand with perfectionism. You may wonder how this happens. The perfectionist will be so worried about the perfect outcome that they are PARALYZED with fear to even get their project started. They become immobilized and fail to do anything at all or wait until the last minute to get something accomplished. This can become a vicious cycle and hard to get out of. One way to avoid procrastination is by dividing your 2 hour assignment into four equal work sessions. You can also set a timer and give yourself 30 minutes at a time to work on your project. These are good tools to get the job done!

Spell: PROCRASTINATION PARADOXICAL DETRIMENTAL PARALYZED
Procrastination is defined as delaying or _____ something. POSTPONING
We read procrastination is detrimental to _____. PRODUCTIVITY

We read the perfectionist may be so paralyzed with fear to even get a project _____. STARTED

What is a synonym that we read for paradoxical? CONTRADICTORY, INCONSISTENT

What is another word that we read for detrimental? HARMFUL, DAMAGING

If you divided your two-hour assignment into four equal sessions how many minutes would each session be? Show me the equation. $120 \div 4 = 30$

If you sat down to do your work 5 times throughout the day and set the time for 30 minutes each time how many hours of work would you accomplish? Show me the equation. $30 \times 5 = 150$ minutes or 2 hours 30 minutes

What other word could be used that also means paralyzed? FROZEN, DISABLE, IMMOBILIZED

Think of a time you or someone you know procrastinated. How did you or they feel? Were you or they able to accomplish what was needed?



Done is better than perfect. That's how the saying goes, so what PRECISELY (exactly, specifically) does it mean? It means that even if you didn't get every specific detail right, it's more important that you finished the task. Perfectionism may seem like a good trait initially, but we can see how it can wear a person down. Physical and mental health can MILITATE (hinder, take a toll) when everything always needs to be perfect. Having goals to work towards can be SIGNIFICANT to our wellbeing and working hard to achieve them is important but sometimes done is better than perfect!

Spell: PRECISELY MILITATE SIGNIFICANT

We read done is better than _____. PERFECT

Even if you do not get every detail right it's more important that you _____ the task. FINISH

We read perfectionism may seem like a good trait initially, but we can see how it can wear a person _____. DOWN

We read having a goal to work towards can be significant to our _____. WELLBEING

Name a synonym for precisely that we read. EXACTLY, SPECIFICALLY

What is another word or phrase for militate that we read? HINDER, TAKE A TOLL

What is the origin of the word militate? Latin for military

How would the saying done is better than perfect affect your life and the goals you try to accomplish?

Creative writing

What are your views on perfectionism? Do you feel it can be an issue? Have your views changed since reading about it?

Creative writing

Write a short story about someone always trying to be perfect. Describe their feelings while trying to accomplish a goal.

Resources: <https://goodtherapy.org>

<https://verywellmind.com>

<https://psychologytoday.com>

www.medicalnewstoday.com