

CARETAKER'S PERFECTIONISM & GUILT

WHAT IS PERFECTIONISM? WHAT IS GUILT?

Perfectionism is

Guilt arises when an individual assesses their specific as not a personal

CONSEQUENCES OF PERFECTIONISM/GUILT

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HOW DOES PERFECTIONISM MANIFEST ITSELF?

There are two main ways in which perfectionism manifests itself : the and intolerance to

THE "SHOULD"

The expectations you set for yourself can cover work and caretaking responsibilities. Pick a situation where you feel guilty and identify the rules, the one or two "shoulds" associated with it :

- 1.....
- 2.....

If the underlying "should.s" aren't obvious, ask yourself :
"If I don't follow this, what does it mean to me ?"



Avoid feelings
Avoid judgement

CHALLENGING THE "SHOULD"

Step 1 - Reformulate to avoid absolutes and add flexibility

Step 2 - Evaluate the consequences (positive, negative, personal impact, etc)

"Perfectionism doesn't make you feel perfect. It makes you feel inadequate."

~ Maria Shriver ~

Perfectionism is a personality trait that is expressed in setting extremely high, often unrealistic expectations for oneself and having a strong will to carry them out flawlessly
Guilt arises when an individual assesses their specific behaviour as not fulfilling personal standards
The shoulds - Mistakes

Should #1

Reformulate more flexibly :

Positive consequences/Gains	Negative consequences/Costs

Should #2

Reformulate more flexibly :

Positive consequences/Gains	Negative consequences/Costs

Step 3 – Reflection

What conclusion.s do you draw from this ?
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FROM UNHEALTHY “SHOULD” TO HEALTHY MANTRA

Step 1 – What need did your “should” fulfil ? approval / belonging / people-pleasing / need to do the right thing / need to feel good about yourself / need to achieve / fear of failure

Step 2 – Why does this “should” **not** fit you?
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Step 3 – Write a mantra that overpowers your “should”
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Step 4 – Repeat this mantra every time your “should” pops up in your mind. Be consistent ! The more you do this, the less powerful the “should” becomes

“If it doesn’t matter in 6 months, it doesn’t matter”

~ Cher ~