



Overcoming perfectionism...

Perfectionistic thinking can hold you hostage as well as rob you of life satisfaction and friends. It's too high a price to pay. Expecting yourself, other people or your circumstances to be perfect invites anxiety, increases the likelihood of depression and has the potential to push away the people you love most. Realistic expectations and compassion for yourself and others will help you build the resilience and connections that can make life so rewarding.

Is it perfectionism or healthy striving?

Brene Brown in her book, *The Gifts of Imperfection*, says that understanding the difference between healthy striving and perfectionism is essential to living a life of contentment. If you motivate yourself with, "What will they (friends, parents, children, colleagues, etc) think?" you could be suffering from perfectionistic thinking. Healthy striving sounds more like, "What can I do to improve?" This is self focused and puts you in control rather than worrying about what someone else might think.

Don't let "I've got it together" drain your batteries

Perfectionists spend too much energy trying to be perfect and they often find fault with themselves and others. It's exhausting. This struggle to achieve the impossible...work always up to date, house always tidy, children always well behaved and to top it off, wearing the mask of "I'm fine" or "I always have things together", alienates people and encourages competition.

Sadly, perfectionistic thinking is often passed down and children can grow up feeling like they're a failure because they feel that they don't live up to expectations placed on them (even if they're only perceived).

Self-compassion can help you overcome

Be kind to yourself. When you're more compassionate and realistic about your own limitations it will help you show more kindness and grace to others too. Accept that 'good enough' is 'good enough'.

Be vulnerable. Ask an acquaintance into your home without cleaning up first; let them see that your family is *normal*. You'll take pressure off yourself and give them permission to do the same. You might even save their sanity!

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Perfectionism is self defeating.
- ✓ Allow others to see that you're imperfect; it may save their sanity and yours.
- ✓ Don't compete. Connect!

"When you come up a bit short on excellence, you still win. When you strive for perfect, you're just never quite good enough." Dawn Gluskin

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

Bare Hands
Practical life strategies for women