



Compete or connect - your worth is at stake!

One of the key causes of feeling isolated and having low self-esteem and self-worth, is 'perfectionism'. Underlying the desire to get something 'perfect' is the real belief that what you're currently doing isn't enough, so there is a need to keep trying, keep working and adjusting, until you can get it 'just right'. Getting stuck in this mode of thinking causes people to compete and compare with others. They check that what they're doing is that little bit better than everyone else - evidence that their version is the more perfect. By virtue of this focus, perfectionism isolates the perfecter from real connection. People disconnect from someone who competes with them and compares them unfavourably.

Perfectionism - the Holy Grail (NOT)

Constantly striving for perfection is both a competition with self and with others. The internal dialogue is usually really harsh: "That's not good enough. You can do better than that!", "If you don't get this perfect you'll lose...", "I have to do better than I did last time.", "They do it so much better, why can't I?". When we're harsh on ourselves, invariably it flows through as judgement and criticism of others too. Perfectionists, having worked so hard to do things to please others, often are left wondering why they feel rejected, unappreciated and anxious about being likeable enough. Competing and comparing, the basis of perfectionism, doesn't work.

Saving your self worth and your relationships...

Instead of striving and struggling for perfection - strive for learning! Reflection on past experiences is helpful when you can look back and appreciate what worked, notice your strengths and make adjustments in how you do things in the future, based on where you see you could make improvement. If you can have an intention of doing your best with what you have in any given moment, you'll be aiming for a much more attainable and achievable goal. Having this focus, it's then natural to be encouraging and supportive of others too. Judgement reduces and instead you'll be able to acknowledge effort and intention in others. Compassion like this, both modelled and given, makes for deeply connected and supportive relationships. So, stop competing and grow esteem.

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- ✓ Perfectionists compete and compare themselves into low self-worth.
- ✓ Perfectionism causes us to judge others harshly and isolates.
- ✓ Stop competing and start connecting compassionately.

"Healthy striving is self-focused: "How can I improve?" Perfectionism is other-focused: "What will they think?"

Brené Brown

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There are ways to feel more empowered so that you determine how life flows, rather than having life happen to you. Sometimes it is simply a word or two that can make all the difference.

Sticky Strategies can help you find out how. Even more tips [here](#).



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