

# **THE PROBLEM WITH BEING PERFECT**

**De Bruski**

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### **The Problem with Perfection | Psychology Today**

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We dedicate copious amounts of attention and time to our work to maintain our high personal standards. Play out the worst case scenarios. A Therapist isn't an option we can all consider if income is barely enough for the bills. I gave a talk on this subject and you can see the dvd [The Power of Mind](#) you can view or edit your browsing history. I see perfectionism as a compensation for such an intensely competitive and goal driven culture. When things go wrong, they quickly look for ways to put them right. Without another person like you in existence, talk about a loss! What are you doing to stay healthy and get things done? It becomes a statement that I'm not good enough just as I am.