

# AI-00190 Perfectionism syndrome

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## Perfectionism syndrome

Perfectionism syndrome, also known as perfectionism, is a psychological trait or tendency in which an individual strives for flawlessness, sets excessively high standards for themselves, and is critical of their own performance. Perfectionists often feel that anything less than perfect is unacceptable and are preoccupied with avoiding mistakes or failures.

Perfectionism can manifest in many areas of life, such as work, school, relationships, and personal goals. While striving for excellence can be a positive trait, perfectionism can become problematic when it leads to excessive stress, anxiety, and a negative impact on mental health.

Some common symptoms of perfectionism include fear of failure or criticism, procrastination, feeling overwhelmed, a strong desire for control, and difficulty delegating tasks to others. Perfectionism can also lead to physical symptoms such as headaches, insomnia, and digestive issues.

Treatment for perfectionism often involves therapy, particularly cognitive-behavioral therapy (CBT) which can help individuals identify and challenge negative thought patterns and behaviors that contribute to perfectionism. Medication may also be used in conjunction with therapy in cases where anxiety or depression is present.

## Common signs?

Here are some common signs and symptoms of perfectionism:

1. Setting excessively high standards for oneself: Perfectionists tend to set very high expectations for themselves that are often unrealistic or unattainable. They may have a hard time accepting anything less than perfection.
2. Fear of making mistakes: Perfectionists often have a deep fear of making mistakes or being seen as imperfect. This can lead to excessive self-criticism and a tendency to be overly self-critical.
3. Preoccupation with details: Perfectionists tend to focus on even the smallest details and may spend an excessive amount of time perfecting a task or project.
4. Procrastination: Perfectionists may delay starting or completing a task because they are afraid of making mistakes or not achieving perfection.
5. Difficulty delegating tasks: Perfectionists often have a hard time delegating tasks to others because they believe they are the only ones who can do the task perfectly.
6. Overthinking: Perfectionists tend to overthink situations and may have difficulty making decisions because they are afraid of making the wrong choice.
7. Need for control: Perfectionists often have a strong need for control and may become anxious or stressed when they feel they do not have control over a situation.
8. Self-criticism: Perfectionists are often their own harshest critics and may have a negative self-image or low self-esteem.

It's important to note that not all of these signs will be present in every individual with perfectionism, and some individuals may exhibit additional signs and symptoms. If you are concerned about perfectionism or how it may be affecting your life, it may be helpful to speak with a mental health professional.