

Definition of perfectionism

In psychology, it is a broad personality trait that appears clearly in the individual's intense desire and constant pursuit of perfection and freedom from mistakes and defects. Where this desire is accompanied by self-evaluation and criticism, and concerns about the evaluations of others.

The characteristic of idealism pushes people to pay attention and strive to achieve

unrealistic ideals or goals, which results in many psychological problems and disorders such as depression and low self-esteem, up to suicidal tendencies in some advanced cases. It has been noticed recently that the frantic pursuit of perfection and idealism is becoming more widespread, especially among adolescents and young adults.

Many confuse "idealism" with "high

productivity", as they believe that an ideal person achieves high productivity and great success in various aspects of his life.

However, that is not true at all. People with an idealistic personality are often less productive, and find it difficult to achieve "ideal" or even "acceptable" results, which negatively affects their performance and self-satisfaction.

Perhaps the most important reasons for perfectionism are summarized in the following:

1-The family and parents are the primary reference for their children. If parents seek perfection, they will inevitably pass that on to their children.

2-One of the causes of perfectionism is the constant criticism by the parents, and their dissatisfaction with the performance of their child.

3-Constant comparison between the child

and his brothers or even his relatives and neighbors.

4-The child's upbringing in a home where love falls within conditions, which makes the child strive for perfection for fear of rejection.

5-Domestic violence in its various ways, such as cursing, verbal abuse, or beating.

6-When parents set high standards for their children that are not appropriate to reality.

7-Wrong upbringing methods that lead to feelings of inferiority, including the individual's pursuit of perfection for the sake of self-esteem and superiority over others.

Types of perfectionism

There are two main types of perfectionism, understanding which involves distinguishing between perfectionism and perfectionism.

The types of perfectionism are:

1-Natural perfectionism: It is what we can call perfection, where the natural perfectionist sets a number of standards for himself, but abandons some of them when needed, or if the situation requires that.

2-Neurotic perfectionism: The neurotic perfectionist never feels that he has done a good job, does not accept mistakes, and persists in self-flagellation.

Signs that you are a perfectionist:

1-The all-or-nothing principle in thinking

Perfectionists and high achievers are alike in that they all set big goals and work very hard to achieve them. But highly productive people feel satisfied if they do a great job and achieve excellent results even if they can't meet

those goals.

As for those with an idealistic personality, they will not accept less than what is ideal.

For

them, achieving something less, even a little bit, is an abject failure... They follow the "all or nothing" method of thinking, meaning that either everything will go as they want or not.

2-They are very critical

People with an idealistic personality criticize themselves and others much more than normal

people. At a time when the natural person feels proud of his achievements, and supports

others who pursue their goals, we find that the idealist focuses on mistakes and gaps.

He is too preoccupied with his shortcomings and weaknesses and cannot see anything else,

which makes him more judgmental and harsher on himself and others when he fails.

3-The constant feeling of fear

How do you view your goals? How do you go about achieving it?

If you pursue it driven by desire and great passion towards it, and enjoy every step you take

towards these goals, then you are most likely a normal person, and you will be able to

achieve satisfactory results.

However, if the fear of not achieving it is your motivation, and you see any achievement that

is less than ideal as an abject failure, then in this case you are an idealist who strives for

impossible perfection, and you will most likely encounter many difficulties on this

path.

4-Unrealistic standards

Unfortunately, people with an idealistic personality do not always set logical goals.

At a time

when an ambitious and highly productive person can set great goals, achieve them, and even

enjoy going beyond them, we find that the idealist sets unrealistic and unattainable goals,

which makes His journey towards it is miserable and full of obstacles and failures.

5-Focus on results

While highly productive and normal people sometimes enjoy the path to their goals more

than the achievement of the goal itself, the idealist sees the end result and nothing else.

They are too preoccupied with achieving

the goal and afraid of failure to enjoy the journey to the top.

6-Depression when failing to achieve goals

Idealists are generally less happy than normal people. This is because ambitious and highly

productive people are able to get back on their feet after failure and disappointment, while

idealists drown themselves in a sea of sorrows, negative feelings, and self-flagellation when their unrealistic goals fail to be achieved.

7-Laziness and delay

It may seem really strange that idealists may resort to delaying and being lazy in performing their work, given that this trait leads to a reduction and reduction in productivity, but in

reality the ideal personality is closely related to laziness.

Why!?

As a result of their intense fear of failure, idealists may worry a lot about doing something

without it being perfect, which completely paralyzes their ability and prevents them from

accomplishing anything.

Failure to complete tasks will increase their feelings of remorse and fear, which will plunge

them into a closed cycle of laziness, fear, and lack of productivity.

8-Always take a defensive stance

Since the idealistic personality considers any achievement less than ideal to be a complete

failure, its owners tend to take a defensive stance all the time. Accordingly, the

constructive

criticism directed at them may appear to them as an attack to destroy them, while the

natural person may see it as valuable information that helps them achieve better performance in the future.

9-Low self-esteem

As we have already explained, people with a perfect personality or Perfectionists are often

more harsh on themselves than normal people, and therefore they are often less happy, and

their self-esteem is very low.

Not only that, they are often isolated and lonely, since their critical nature and rigidity keep

others away from them. All of this leads to their low self-esteem.