

## **How do you treat your obsession with perfection?**

So, did any of the above traits apply to you? Do you feel that you are obsessed with perfection and idealism or what is called a Perfectionist?

If you are, do not despair, as you can undoubtedly address this problem and get rid

of your irrational obsession with perfection, to reach the stage of real success in which you achieve your goals and feel satisfied with your achievements, even if they are not perfect.

**Here are some ways that will help you overcome the problem of obsessive perfectionism:**

1-Acknowledge the existence of the problem

Acknowledging the problem is half the

solution...a fixed rule that does not change. So, if you want to get rid of the problem of obsessive perfectionism, you must first acknowledge the existence of this problem. But be smart about your own admission of this problem. Don't tell yourself: "I'm a perfectionist" or "I'm a perfectionist"...

Instead, see this problem as an unwanted behavior that you would like to change.

Thinking in this way facilitates the process of change, because changing behavior is much easier than changing nature and personality traits.

And in the process of acknowledging this, also think about situations in which you feel your perfectionism manifests itself more than at any other time.

Does this happen when you do housework, for example? Or maybe when someone was assigned to accomplish a task?

Think about it and write it down on a piece

of paper to come back to later.

## 2-Ask yourself: What is fueling this obsession with perfection?

When you understand the real reason why you are so obsessed with making everything perfect, only then will you be able to face this problem and fix it.

Is it because you feel afraid of a certain thing? Desire for glory and show off? Or maybe you feel insecure and have low self-confidence.

Identifying the pre-convictions that fuel your obsession with perfection is a very important step to confronting them, and helps you know which convictions you need to keep and which ones you need to change and abandon.

## 3-Face the worst possibility

Obsessing with perfection is usually a way to ensure you don't fail. But this way of trying to prevent the worst from happening

by all means is not the best way to stimulate and encourage creative thinking. So, in order to overcome this, do the following:

Imagine the worst that could happen to you in a specific situation or field, and think about the small possibility of that happening. Not only that, when you think about it, you'll likely discover that you could have done something to save the situation then anyway.

And if you're one who makes things big and sees the potential for disaster in everything, it might be helpful to write down all the bad possibilities that could happen, against the most likely scenario, and then show them to someone more experienced (preferably not a perfectionist like yourself!)

Getting these thoughts out of your head will

greatly reduce their negative impact on you.

#### 4-Determine the work criteria before starting it

Before you start working on any specific project, task, or goal, and before you sink into the vortex of perfection, ask yourself first what criteria you will rely on in that. Suppose, for example, that your manager has asked you to prepare a presentation, and you spent a lot of time preparing it and working on it to be perfect. Then you discover later that your manager needed a quick and brief presentation to use as a background only in one of his meetings, and he did not care much about its content, but he did not even review it!

In this case, you will have wasted a lot of your time and effort in preparing this offer at a time when you could have done other, more useful things.

Not everything has to be perfect, or of extremely high quality...sometimes the standards you rely on can be low.

Always make sure to define these criteria before starting anything, and balance your effort and time accordingly.

### 5-Pay attention to what you say to yourself

If you often talk to yourself using phrases like:

\* "If I'm going to do it, I'll do it right,\

\*". or I won't

\*"!Come on, don't be lazy" \*

\*".Everything depends on this" \*

In this case it will probably be difficult not to strive for perfection. So start monitoring .what you say to yourself, and see if it feeds into your perfect personality or not

In the event that you discover that it leads you to more obsession with perfection, start immediately by replacing it with other phrases and sentences.

Even your positive phrases can sometimes turn into fuel for idealism and obsession with perfection. For example, if you find yourself constantly encouraging yourself and

your team with phrases like, "Let's just do another tweak," or "Let's try a little more..." or similar, ask yourself if it's really worth it, or if you want to satisfy your perfectionism. Just

### 6-Set yourself deadlines for delivery

When you set a deadline for a specific work or project, you don't have much time to go back to it and keep adjusting and changing in pursuit of perfection. Contrary to

what would be the case if you work without a deadline for delivery, which may lead to the continuation of work for very long periods.

Each time you do a task, set yourself only

30 minutes (or an appropriate amount of time) to complete that task, and stick to that time frame fully

Now you may ask: "How can I guarantee that I will not procrastinate for a longer period of time"?

Well, you can do that by filling your schedule with other tasks you have to do after

you finish this one, or planning something really fun that you want to do once you finish the work in hand.