

Overcoming Perfectionism

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

Pre-requisites

No prior experience needed

Video duration

52m

Estimated study time

52m 24s

Instructor

Nicole Tetreault, PhD

Introduction

1 Imperfectly perfect

What is Perfectionism?

2 Perfectionism

Perfectionism takes away the good in your life.

3 Are you a perfectionist?

Are you a perfectionist?

4 Mistakes are opportunities

Mistakes are the process for you to grow and develop further. After this lesson, you'll recognize the importance of learning through your mistakes.

5 Object permanence

Nothing is permanent, and when you adjust your mindset of impermanence, you come into greater presence of your reality.

Types of Perfectionism

6 Perfectionism development

Perfectionism is a learned and reinforced behavior and thinking pattern.

7 Healthy versus unhealthy perfectionism

Distinguishing healthy perfectionism versus unhealthy perfectionism centers on whether the perfectionism is related to perfectionistic strivings versus perfectionistic concerns.

8

Healthy striving

Healthy perfectionism allows for mistakes and disparity between expectation and the actual level of achievement.

Perfection Paralysis

9

Identifying perfection paralysis

The underlying emotions of perfection paralysis are fear and anxiety.

10

The paralysis cycle

In this cycle, emotions of fear, anxiety, guilt, and shame fuel experience of failure.

11

Signs of perfection paralysis

Identifying the signs of perfection paralysis is the first step towards getting unstuck.

12

How to unfreeze

Unfreezing is a pattern that can be broken.

How to Overcome Perfectionism

13

Best practices to overcome perfectionism

You can retrain your mind and thinking patterns related to perfectionistic tendencies.

14

Reality of imperfection

This lesson offers concrete science how imperfection is a cultural norm and is in fact a likable characteristic.

15

Nurture outshines nature

It's proven that nurture outshines nature.

Conclusion

16

Enjoy the flow

Being creative and productive is all about freeing yourself from unhealthy perfectionism.

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