

## **Your concerns about lowering your standards**

One of the issues that comes up when we talk with people in therapy about overcoming their perfectionism is anxiety about whether they are being asked to lower their standards — and when you have perfectionism, the idea of lowering standards is a very scary idea. Take a look some of the examples below of concerns you might have about the idea of lowering your standards.

### **Example concerns about lowering standards**

- If I lower my standards, I will let myself completely slip and not perform at all.
- If I lower my standards, I will become lazy (I don't want to be a slacker!).
- If I lower my standards, others will think I have let myself go.
- If I lower my standards, others will not praise me for doing well any more.
- If I lower my standards, this will result in me losing something I value (e.g. job).
- If I lower my standards, I will be overwhelmed with anxiety.
- If I lower my standards, I will not achieve.
- If I lower my standards, I will not progress in life.
- If I lower my standards, I will be average.

This is NOT about lowering standards but is about addressing the overdependence of your self-worth on striving and achievement. It is about giving you a choice of how to live your life, and considering what is best for you and those around you.