

Why perfectionism persists

Self-worth overly dependent on striving and achievement

Inflexible standards

'I must read every book on the list before I write'

'I must consider all options carefully before making any decisions, however small'

'I should always do my best'

'If it is not 100% then it is worthless'

Cognitive biases

All-or-nothing thinking

Discounting the positive

Focusing on the negative'

Read every Review before you purchase

Performance-related behaviour

Spend hours crossing every 't' and dotting every 'i'

'I must go over things to make sure they are perfect'

Work excessively and don't eat or sleep properly

Read every Review and more before purchase

Perfectionism
Overchecking
Procrastination

Temporarily meets standards

Fails to meet standards

Avoids trying to meet standards

Reappraise standards as insufficiently demanding

Counter-productive behaviours and self-criticism

Flow diagram: the four steps to perceived failure

