



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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SIGNS THAT YOU MIGHT BE “A PERFECTIONIST!”

- You may have heard that perfectionism is a good thing. Don't believe it! Perfectionism is not about doing your best. It's not about striving for high goals or working hard to achieve excellence. In fact, perfectionism can actually block your ability to do well. Plus perfection isn't possible!
- Do you show any, many, or all of these signs?**

Things Perfectionist Do	Thoughts Perfectionist Have	Ways Perfectionist Feel
1. Overcommit themselves	1. “If I can't do it perfectly what's the point?”	1. Deeply embarrassed about mistakes they make
2. Rarely delegate work to others	2. “I should excel at everything I do!”	2. Disgusted or angry with themselves when they are criticized
3. Have a hard time making choices	3. “I always have to stay ahead of others!”	3. Anxious when stating their opinion to others
4. Always have to be in control	4. “I should finish a job before doing anything else!”	4. Extremely worried about details
5. Compete fiercely	5. “Every detail of a job should be perfect!”	5. Angry if their routine is interrupted
6. Arrive late because one more thing had to be done	6. “Things should be done right the first time!”	6. Nervous when things around them are messy
7. Always do last-minute cramming	7. “There is only one right way to do things!”	7. Fearful or anxious a lot of the time
8. Get carried away with details	8. “I'm a wonderful person if I do well; I'm a lousy person if I do poorly!”	8. Exhausted and unable to relax
9. Never seem satisfied with their work	9. “I'm never good enough!”	9. Plagued by self-hatred
10. Constantly busy themselves with something or other	10. “I'm stupid!”	10. Afraid of appearing stupid
11. Frequently criticize others	11. “I can't do it right!”	11. Afraid of appearing incompetent
12. Refuse to hear criticism of themselves	12. “I'm unlikable!”	12. Afraid of being rejected
13. Pay more attention to negative than positive comments	13. “I'd better not make a mistake here or people will think I'm not very (smart, good, capable)!”	13. Ashamed of having fears
14. Check up on other people's work	14. “If I goof up, something's wrong with me!”	14. Discouraged
15. Call themselves “stupid” when they do something imperfectly	15. “People shouldn't criticize me!”	15. Guilty about letting others down
16. Procrastinate	16. “Everything should be clearly black or white. Grays are a sign of confused thinking.”	“Striving for excellence motivates you; striving for perfection is demoralizing.” – Harriet Braiker

* Life Skills Peer Education Series Courtesy of Angel Colon and Stuyvesant High School's SPARK Program