



What
perfectionism
is **NOT** ~~X~~

Swipe



01 High Standards

While perfectionists do have high standards for themselves, not everyone with high standards is a perfectionist.

Perfectionism goes beyond setting high expectations; it involves an intense desire for **flawlessness** and a **fear of making mistakes**.



Being **02** detail-oriented

While perfectionists can be detail-oriented, being detail-oriented does not necessarily mean being a perfectionist.



Detail-oriented individuals pay attention to specifics and seek precision, but they can still **accept imperfections** and have a more **flexible** mindset.



03

A guarantee for success

Despite the belief that perfectionism leads to success, the reality is more nuanced.

Perfectionism can actually **hinder** progress and productivity, as the fear of failure and making mistakes can lead to **procrastination, anxiety, and paralysis.**

Success is a result of **consistent** effort, learning from mistakes, and adaptability.





A fixed **04** personality trait

Perfectionism is a mindset and behavioral pattern that **can be changed and modified.**

It is not an inherent personality trait that cannot be altered.

With **self-awareness, self-compassion, and the willingness to challenge perfectionistic tendencies,**

individuals can work towards healthier attitudes and behaviors.





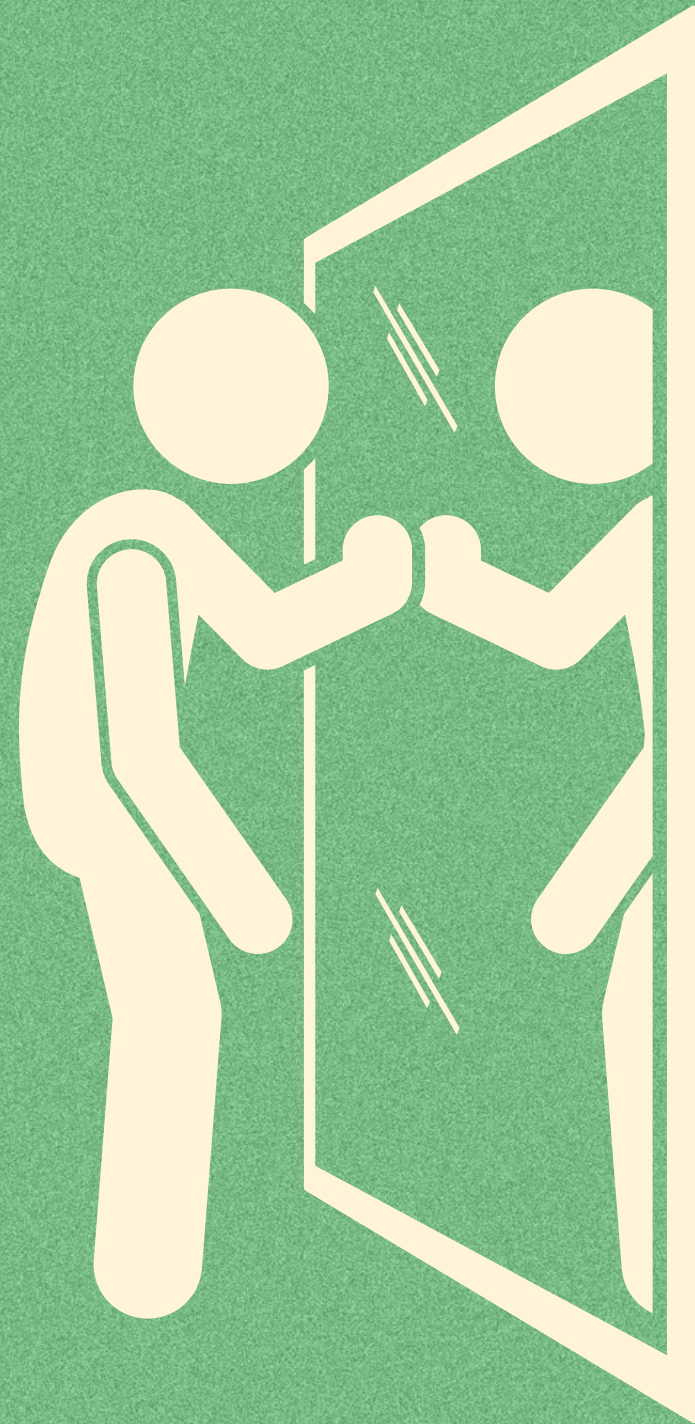
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A reflection of self-worth

Perfectionists often tie their self-worth to their achievements and external validation.

However, it's important to recognize that inherent worth and value as a person are **not contingent** upon being perfect or meeting impossible standards.

Self-acceptance and **self-compassion** are **key** to breaking free from perfectionism.





Interested in learning more ?

Hi ! I'm Houria,

A passionate leadership development coach and process optimization consultant.

I integrate **critical thinking and emotional intelligence** in transitions and transformations.

My approach is to always hold the necessary space for my clients to find clarity and shift progressively.

