

PERFECTIONISM: WHEN BEING GOOD CAN BE REALLY BAD

Raine Maggio

Discovery Coordinator

Lake Travis ISD

Lake Travis Middle School

maggior@ltisdschools.org

Sensual

- + Appreciation for good foods. Chefs.
- + Appreciation for music.
- + Can often “read” people’s emotions very well and respond to them.

- Picky eaters.
- Very distracted and bothered by loud noises or crowded places.
- Can feel ill over certain smells and foods.

Perfectionism Quiz

- Use the following scale to rate yourself in the following statements.

- +2 Strongly Agree
- +1 Agree Somewhat
- 0 Can't Decide
- -1 Disagree Somewhat
- -2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

I'm critical of people who don't live up to my expectations.

- +2 Strongly Agree
- +1 Somewhat Agree
- 0 Can't Decide
- 1 Disagree Somewhat
- 2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

I get upset if I don't finish something I start.

- +2 Strongly Agree
- +1 Somewhat Agree
- 0 Can't Decide
- 1 Disagree Somewhat
- 2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

I do things precisely down to the very last detail.

- +2 Strongly Agree
- +1 Somewhat Agree
- 0 Can't Decide
- 1 Disagree Somewhat
- 2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

I argue about test scores I don't agree with,
even when they won't affect my final grade.

- +2 Strongly Agree
- +1 Somewhat Agree
- 0 Can't Decide
- 1 Disagree Somewhat
- 2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

After I finish something, I often feel dissatisfied.

- +2 Strongly Agree
- +1 Somewhat Agree
- 0 Can't Decide
- 1 Disagree Somewhat
- 2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

I feel guilty when I don't achieve something that I set out to do.

- +2 Strongly Agree
- +1 Somewhat Agree
- 0 Can't Decide
- 1 Disagree Somewhat
- 2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

When a teacher hands back one of my papers, I look immediately for my mistakes, not at what I did well.

- +2 Strongly Agree
- +1 Somewhat Agree
- 0 Can't Decide
- 1 Disagree Somewhat
- 2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

I compare my test scores with those of other good students in my class.

- +2 Strongly Agree
- +1 Somewhat Agree
- 0 Can't Decide
- 1 Disagree Somewhat
- 2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

It's hard for me to laugh at my own mistakes.

- +2 Strongly Agree
- +1 Somewhat Agree
- 0 Can't Decide
- 1 Disagree Somewhat
- 2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

If I don't like the way I've done something, I start over and keep at it until I get it right.

- +2 Strongly Agree
- +1 Somewhat Agree
- 0 Can't Decide
- 1 Disagree Somewhat
- 2 Strongly Disagree

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

ARE YOU A
PERFECTIONIST?

Total your points!!!!

-11 to -20 points

Barely Breathing

- Maybe you are exaggerating your own coolness. Read through the statements again and this time respond to the honestly. You can't be apathetic about everything!

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

-6 to -10 points

A Little Too Relaxed

- Your favorite song is “Que sera, sera...” (What will be, will be) and your favorite activity is lying in a hammock feeling the earth turn. A slight exaggeration perhaps, but there is such a thing as overdoing undergoing.

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

0 to -5 points

You're Used to Hanging Loose

- Maybe you have made a conscious effort to be less perfectionistic, or maybe you were born knowing how to relax and take it easy.

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

+ 1 to +4 points

Healthy Pursuer of Excellence

- You enjoy doing well, but you can turn your pursuit of excellence on and off. You probably spread your talents and abilities over several areas: academics, friendships, health, hobbies and play.

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

+5 to +9 points

Borderline Perfectionist

- Certain events may push you over the line into full fledged perfectionism, but you usually roll with the punches without going to extremes

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3

+10 to +14 points

Too Good for Your Own Good

- You are trying too hard – and it's time you ask yourself why.


Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3



Too Good to Be True

Maybe you are exaggerating because people have always expected you to be perfect.

Source: Adderholdt-Elliott, Perfectionism: What's Bad About Being Too Good?, p. 2-3



Chronic and intense perfectionism
often leads to underachievement.

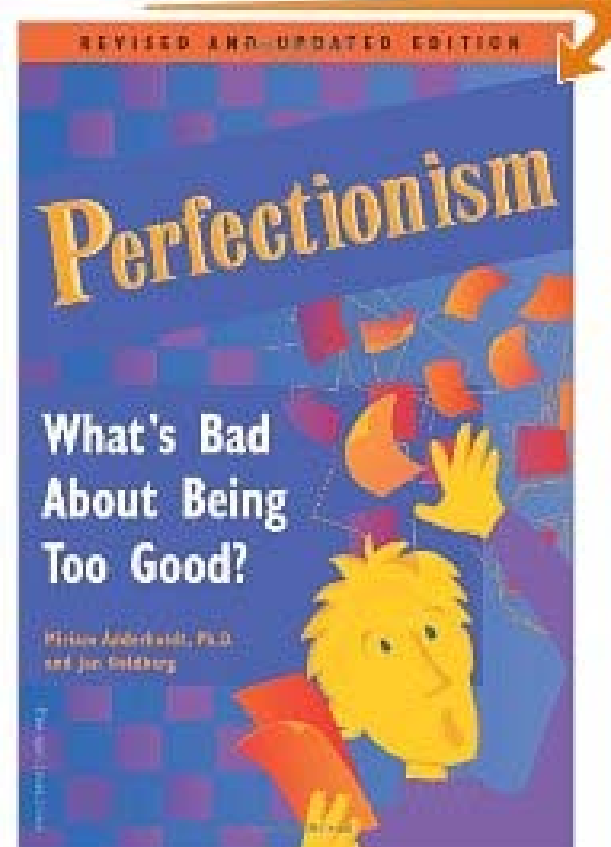
What's bad about being good?

- Perfectionism breeds anxiety
- It is unrealistic and sets students up for failure
- They have unrealistic expectations of others
- Feel relief rather than reward upon success
- Can lead to procrastination
- Underachievement

What can you do to ensure healthy pursuit of excellence?

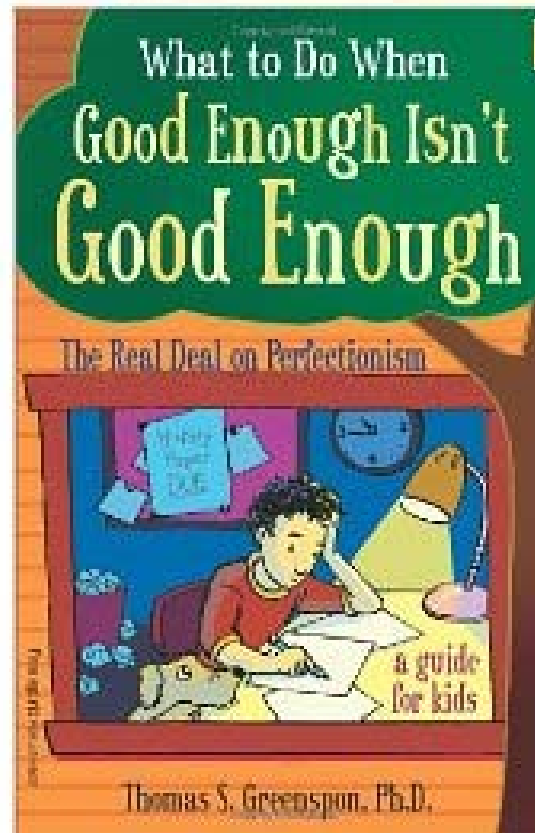
- Stress effort rather than outcome
- Avoid telling students they should achieve beyond everyone else because they are smart
- Help them learn to accept criticism not as a personal attack
- Advocate for them with their parents
- Help them prioritize what is important to them and why it is important to them
- Encourage them to take risks
- Create an atmosphere where they are allowed to fail without penalty
- Provide opportunities that require EFFORT for them to succeed

Click to **LOOK INSIDE!**

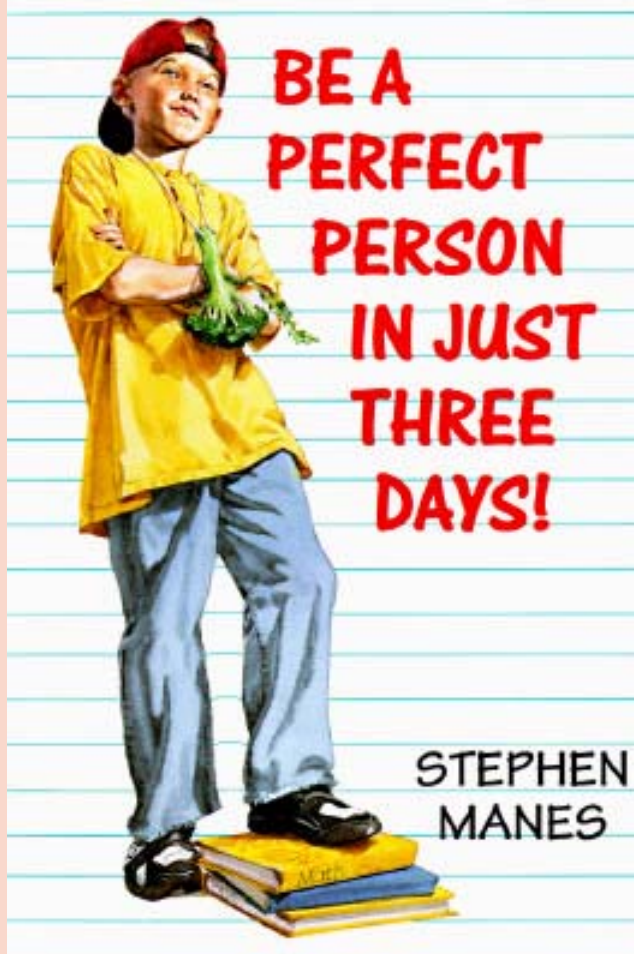


Good for parents and educators

Click to **LOOK INSIDE!**



Great for students to read to discover about themselves



Nice read aloud to do with a gt class