

Caring Safely®

Thinking Patterns and Perfectionism

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Awareness of Negative Thoughts

- Perhaps am I overestimating disaster?
- Perhaps am I expecting perfection from myself or someone else?
- Perhaps am I jumping to conclusions and assuming I know how something is going to turn out?
- Perhaps am I blaming or criticizing myself, or someone else, for something that isn't entirely my fault or his or her fault?
- Perhaps am I focusing only on the good or positive aspects of someone else and comparing myself to him or her?

Awareness of Negative Thoughts con't

- Perhaps am I setting unrealistically high standards that neither I, nor anyone else, could reach?
- Perhaps am I mind reading and assuming someone is thinking negatively about me?
- Perhaps am I concentrating on my weaknesses and forgetting my strengths or all I have already accomplished?
- Perhaps am I “shoulding” all over myself or someone else with judgments about what should or should not take place?
- Perhaps am I thinking in black-and-white terms without checking for other possibilities?

Awareness of Negative Thoughts con't

- Which thought patterns do I tend to use and want to challenge with objective facts?

Personalize and Integrate with Handout

- Which thought patterns are contributing to my input or output? Can I try to challenge them and see if they are fact? (eg: they won't give me the time off).

Perfectionism

- Perfectionism is an anxiety based trait. Can be linked to our core worth – we feel we need to do something perfect, because if we are criticized for it, or don't do well, then it speaks directly to our worth as a human.
- Causes us to push our boundaries aside and to put our needs aside for the sake of getting something “perfect” or helping someone more.
- If our perfectionism is linked to our client's outcome, we are very vulnerable to poor boundaries and lack of assertiveness and self-care. Remember locus of control and responsibility pie.

The 80% Rule

- Perfectionists who strive to do 80% of what they can do, are likely putting in more effort and achieving better results than non-perfectionists who put in 100%. Aim for 80% of what you can do.
- “Just because you can, doesn't mean you should”
- Explore the discomfort that comes with stopping at 80%. Try with activities that are perceived as non-threatening before activities that are perceived as threatening. Use your deep breathing when you notice the stress/anxiety that comes with stopping at 80%