

Overcoming Perfectionism A Self Help Guide Using Scientifically Supported Cognitive Behavioural Techniques Overcoming Books

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In this essential self-help guide, you will learn: - How clinical perfectionism manifests itself - Effective coping strategies with invaluable guidance on how to avoid future relapse OVERCOMING self-help guides use clinically-proven techniques to treat long-standing and disabling conditions, both psychological and physical.

[Overcoming Perfectionism 2nd Edition: A self-help guide ...](#)

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[7 Tips to Overcome Perfectionism 1. Identify the beliefs and rules that drive your perfectionism.. It can be helpful to identify the underlying beliefs... 2. Honestly evaluate your expectations.. Take some time to honestly evaluate your expectations. It ' s not realistic to... 3. Acknowledge the costs ...](#)

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[How to Overcome Perfectionism - Verywell Mind](#)

[Overcoming Perfectionism: A self-help guide using scientifically supported cognitive behavioural technique. £ 12.99. How to break the vicious circle of ' never good enough ' . Perfectionism can be healthy but when it becomes unhealthy and turns into ' clinical perfectionism ' \(sometimes referred to as ' dysfunctional perfectionism ' \) it can cause serious problems.](#)

[Overcoming Perfectionism: A self-help guide using ...](#)

[Cognitive behavioural therapy \(CBT\), on which this self-help book is based, has been found to be a highly effective treatment and provides relief from that disabling sense of not being good enough. In this essential self-help guide, you will learn: - How clinical perfectionism manifests itself](#)

[Overcoming Perfectionism - Self-Help & Mental Health](#)

[Types of Therapy for Perfectionism Cognitive behavioral therapy \(CBT\) is often used to address perfectionism. This method can demonstrate that perfection... Family systems theory is one model sometimes used to address perfectionism. In some cases, this type of therapy can help... Hypnotherapy has ...](#)

[Perfectionism – Therapy for Overcoming Perfectionism](#)

[Overcoming Perfectionism: This information package is designed to help you understand what is helpful and unhelpful about being a perfectionist. The goal is not for you to give up your high standards altogether but to learn to pursue healthy high standards rather than unrelenting high standards that negatively impact your life.](#)

Perfectionism Self-Help Resources - Information Sheets ...

In this essential self-help guide, you will learn: - How clinical perfectionism manifests itself - Effective coping strategies with invaluable guidance on how to avoid future relapse. OVERCOMING self-help guides use clinically-proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme.

Overcoming Perfectionism: A self-help guide using ...

Overcoming perfectionism: A self-help guide using scientifically supported cognitive behavioural techniques (2nd ed.). London: Robinson. Steele, A. L., & Wade, T. D. (2008). A randomised trial investigating guided self-help to reduce perfectionism and its impact on bulimia nervosa: A pilot study. *Behaviour Research and Therapy*, 46(12), 1316–1323.

CBT Worksheets For Perfectionism | Psychology Tools

Psychotherapy is a recommended intervention for managing negative perfectionism. Most forms of therapy can help as therapists are trained to create a non-judgemental environment of acceptance to work within that in itself challenges the stance of perfectionism.

Perfectionism • A Help Guide - Harley Therapy

Step 2: Tools to Overcome Perfectionism Tool #1: Changing perfectionistic thinking a) Realistic thinking Because adults with perfectionism are often very critical of themselves, one of the most effective ways to overcome perfectionism is to replace self-critical or perfectionistic thoughts with more realistic and helpful statements.

How to Overcome Perfectionism - Anxiety Canada

Overcoming common mental health problems with self-help books, courses and downloads using cognitive behavioural therapy (CBT) and other therapies. ... Illustrated Self-help (15) Overcoming (33) Overcoming Self-help Courses (5) The Complete CBT Guide (2) Disorder. ... Perfectionism (1) Phobias (6) Physical Problems (8) Postnatal Depression (3)

Self Help Guides For Overcoming Mental Health Problems

Shafran, R., Egan, S. and Wade, T. (2010) *Overcoming perfectionism: A self-help guide using cognitive behavioural techniques*. Overcoming. Robinson Publishing, London, pp256. ISBN 9781845297428 Full text not archived in this repository. It is advisable to refer to the publisher's version if you intend to cite from this work.

Overcoming perfectionism: A self-help guide using ...

Overcoming Perfectionism: A self-help guide using scientifically supported cognitive behavioural techniques by Roz Shafran How to break the vicious circle of 'never good enough' Perfectionism can be healthy but when it becomes unhealthy and turns into 'clinical perfectionism' (sometimes referred to as 'dysfunctional perfectionism') it can cause serious problems.

Overcoming Perfectionism By Roz Shafran | Used ...

Because adults with perfectionism are often very critical of themselves, one of the most effective ways to overcome perfectionism is to replace self-critical or perfectionistic thoughts with more realistic and helpful statements. It is a good idea to practise these helpful statements regularly.

How to Overcome Perfectionism - Anxiety Canada

The first step is to realise that perfectionism is undesirable. Perfection is an illusion that is unattainable. The next step is to challenge the self-defeating thoughts and behaviours that fuel perfectionism. Here are eight strategies:

Perfectionism : Student Services : University of Dundee

The study was a first look at the effect of brief, self-help CBT for perfectionism in women during pregnancy and post-birth, and more research is needed with larger numbers of women to really establish whether it is an effective treatment.

How to break the circle of 'never good enough' Striving for something can be a healthy and positive attribute; it's good to aim high. But sometimes whatever we do just isn't good enough; we want to be too perfect and start setting unrealistic goals. Such high levels of perfectionism, often driven by low self-esteem, can turn against success and develop into unhealthy obsession, triggering serious mental-health problems, such as anxiety, depression and eating disorders. Cognitive behavioural therapy (CBT), on which this self-help book is based, has been found to be a highly effective treatment and provides relief from that disabling sense of not being good enough. In this essential self-help guide, you will learn: - How clinical perfectionism manifests itself - Effective coping strategies with invaluable guidance on how to avoid future relapse OVERCOMING self-help guides use clinically-proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme. Series Editor: Professor Peter Cooper

How to break the vicious circle of 'never good enough' Perfectionism can be healthy but when it becomes unhealthy and turns into 'clinical perfectionism' (sometimes referred to as 'dysfunctional perfectionism') it can cause serious problems. It is associated with different mental health problems, including depression, anxiety, eating disorders and chronic fatigue syndrome. Those suffering from clinical perfectionism tend to judge themselves predominantly in terms of the pursuit and attainment of personally demanding standards and often feel unable to be flexible and change their goals, despite the significant negative impact that the pursuit of perfectionism may have on their quality of life. Includes: - Description of Clinical Perfectionism - Clinical Perfectionism and depression, anxiety, eating disorders, chronic fatigue - Identifying the problem and monitoring - Overcoming perfectionism - step-by-step self-help course based on CBT principles - Avoiding relapse - Case studies - Other treatments - an overview

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Presents a description of the main features of perfectionism, along with advice on how to overcome its limitations and consequences and achieve greater intimacy and self-acceptance.

Proven strategies for helping kids and teens break free of the bonds of perfectionism. Letting Go of Perfect: Overcoming Perfectionism in Kids and Teens pinpoints a crippling state of mentality among many kids and teens today - the need to be absolutely perfect - and gives parents and teachers the guidance and support they need to help children break free of the anxieties and behaviors related to perfectionism. For children who believe their best is never good enough, perfectionism can lead to excessive guilt, lack of motivation, low self-esteem, depression, pessimism, obsessive and compulsive behavior, and a sense of rigidity. By delineating the major types of perfectionists and providing practical tips, the authors show parents and teachers how they can help these children effectively control their perfectionist tendencies and use those to their advantage. This engaging, practical book is a must-have for parents, teachers, and counselors wanting to help children overcome perfectionism, raise self-confidence, lessen guilt, increase motivation, and offer a future free of rigidity.

Do you have a hard time making decisions? Do you avoid situations out of fear of what others will think? Do you procrastinate so much that it interferes with your daily life? Do you give up easily if things get tough? If you answered yes to any of these questions, then you might just be a perfectionist. Veteran journalist and accomplished athlete Kim Foster Carlson gives you the tools to overcome the obstacles that have been holding you back from living your best life.

Release high expectations, reduce anxiety, and come to accept yourself completely as you are right now. Honor teaches us the beauty of being average through her fun and accessible writing style and practical workbook exercises. Live with greater self confidence and energy Reduce anxiety and self-pressure Be the person you've always wanted to be Loved the book! I enjoyed reading it today with cups of tea and my feet up. Its very accessible and easy to read, as well as very insightful, helpful and practical. Shae M (psychologist)

Fully updated edition of the bestselling self-help book, now recommended on the national Books on Prescription scheme. This ever-popular guide offers a self-help programme, written by one of the UK's leading authorities on anxiety and based on CBT, for those suffering from anxiety problems. A whole range of anxieties and fears are explained, from panic attacks and phobias to obsessive compulsive disorder (OCD) and generalised anxiety. It includes an introduction to the nature of anxiety and stress and a complete self-help programme with monitoring sheets based on Cognitive Behavioural Therapy. The following websites may offer useful further information on anxiety disorders: www.social-anxiety.org.uk www.stress.org.uk www.triumphoverphobia.com

If you feel an intense pressure to be perfect, this evidence-based workbook offers real strategies based in cognitive-behavioral therapy (CBT) to help you develop a more balanced and healthy perspective. Do you hold yourself—and perhaps others—to extremely high standards? Do you procrastinate certain tasks because you're afraid you won't carry them out perfectly? If you've answered "yes" to one or both of these questions, chances are you're a perfectionist. And while there's nothing wrong with hard work and high standards, perfectionism can also take over your life if you let it. So, how can you find balance? With this workbook, you'll identify the causes of your perfectionism and the ways it is negatively impacting your life. Rather than measuring your self-worth by productivity and accomplishments, you'll learn to exercise self-compassion, and extend that compassion to others. You'll also learn ways to prioritize the things that really matter to you, without focusing on attaining fixed goals. Life isn't perfect, and neither are we. If you're ready to break free from out-of-control perfectionism and start living a richer, fuller life, this workbook will help you get

started.

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