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Overcoming

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Stop Procrastinating)

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\u2013 And How To Stop It  
People Pleaser /

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How To Cure  
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## DESTROYING Your

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## Overcoming

## Perfectionism A Self

## Help

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**

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self-help guides use clinically-proven techniques to treat long-standing and disabling conditions, both psychological and physical.

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7 Tips to Overcome  
Perfectionism 1.

Identify the beliefs and

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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 ...

Overcoming  
7 Ways to Overcome

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Analysis. Take a closer  
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You may think you're



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scientifically supported  
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technique. £ 12.99. How  
to break the vicious

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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  
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help guide using ...

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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

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Self-Help Guide  
Self-Help & Mental Health

Types of Therapy for  
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behavioral therapy  
Scientificallly  
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(CBT) is often used to  
address perfectionism.

This method can  
demonstrate that  
perfection... Family  
Techniques  
Behavioural  
systems theory is one  
model sometimes used

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to address  
perfectionism. In some  
cases, this type of  
therapy can help...

Hypnotherapy has ...

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Overcoming  
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Perfectionism: This  
information package is  
designed to help you  
understand what is

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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.

Overcoming  
Perfectionism Self-Help

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Sheets ...

In this essential self-  
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learn: - How clinical  
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itself - Effective coping  
strategies with  
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how to avoid future  
relapse.

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hniques(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

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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

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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:

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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.

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How to Overcome  
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Canada

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using cognitive

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Health Problems  
Shafran, R., Egan, S.  
and Wade, T. (2010)

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perfectionism: A self-help guide using cognitive behavioural techniques.

Overcoming. Robinson Publishing, London, pp256. ISBN

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healthy but when it becomes unhealthy and turns into 'clinical perfectionism' (sometimes referred to as 'dysfunctional perfectionism') is can cause serious problems.

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Because adults with  
perfectionism are often

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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

*Page 34/37*

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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:

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Perfectionism : Student  
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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.

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