

HEALTHY & UNHEALTHY PERFECTIONISM*



Healthy Perfectionism	Unhealthy Perfectionism
Realist: Desires Success	Idealist: Demands Success
Anticipates Success	Fear of Failure
Learns from Mistakes	Constantly Dwells on Mistakes
Welcomes Criticism	Hates Criticism
Identified by who they are in Christ	Identified by what they do
Tries to do their Best	Must be the Best
Strives for the Doable (Excellence)	Strives for the Impossible (Perfection)
Feels Accepted by Others & Self	Feels Rejected (Compares Self to Others)
Trusts Others to do the Assigned Work	Control Freak/Micromanager
Encourages Others	Criticizes Others/Impatient
Decisive	Puts off making Decisions
Humble	Prideful
Welcomes Change	Hates Change
Dependent on Others	Independent of Others
High Self-Esteem	Low Self-Esteem

* Richard Winter. *Perfecting Ourselves to Death: The Pursuit of Excellence & The Perils of Perfectionism*. IVP Press. Downers Grove, IL. 2005. (Pg. 30).
 And Martin M. Antony & Richard P. Swinson. *When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism*. New Harbinger Publications.
 Oakland, CA. 2009. (Pgs.11-60).