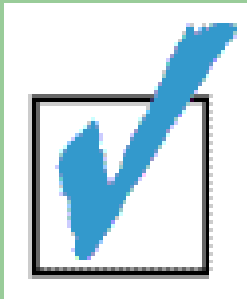


# Overcoming Perfectionism in Changing Your Lifestyle

*Going for the 3 Increases: Increase in Health, Increase in  
Happiness & Increase in Energy*

Strategies for  
Success in Health  
Management

By: James J. Messina, Ph.D.





# Perfectionism as a trigger results in

- Guilt, shame, self-recrimination
- Pessimism, fatalism, disenchantment
- Depression, chronic feeling blue
- Rigidity, inflexibility
- Obsessiveness, nit-picky, finicky
- Lack of motivation since to reach ideals is impossible
- Immobilization with fear of failure



# Identify the irrational thoughts behind your perfectionism

- Everything you try must be done perfectly
- It is unacceptable to make a mistake in your efforts to change your lifestyle
- You must reach the ideal no matter what
- You are a loser if you cannot be perfect in your efforts to change
- I'll never be able to change so why try



# Identify new healthy thoughts to overcome perfectionism

- It is ok if everything I try is not done perfectly
- It is acceptable to make mistakes in my efforts to change since I learn from them
- I do not need to reach an ideal to change
- I am winner if I am not perfect in my efforts since the effort is more important
- I am able to change and I will change



# Your support system can help you overcome perfectionism

- Selecting people who are more realistic than perfectionistic in their own lives
- Your team needs to avoid moralistic attempts to keep you on course
- Your team needs to forgive and forget when mistakes, offenses, or backsliding occurs



# Your support system can help you overcome perfectionism

- Your team needs permission to call you on being rigid, unrealistic, or idealistic in your expectations of yourself in the change process
- Your team need to recognize and reinforce you for any positive change, no matter how slight
- Your team needs to be open, honest & sincere with you