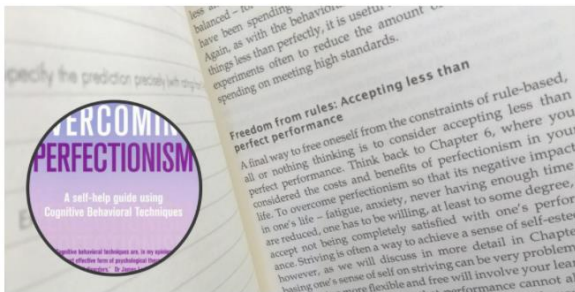
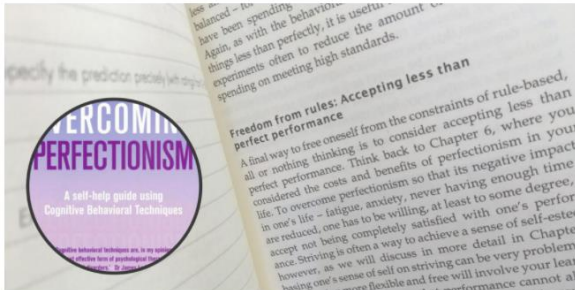


Perfectionism

Anxiety: How to overcome perfectionism

<https://www.anxietyuk.org.uk/blog/perfectly-anxious-clinical-perfectionism-how-to-handle-it/>

Back MAY 18TH, 2018



Perfectionism. Having high standards for ourselves inspires us to do the best we can, approaching life with motivation and ambition. Perfectionism can be healthy in this regard,

Harley Therapy: Perfectionism – A Help Guide

<https://www.harleytherapy.co.uk/perfectionism-help-guide.htm>

The screenshot shows the Harley Therapy website. At the top, there is a navigation bar with location options: Harley Street, London Bridge, Victoria, City, Canary Wharf, Chancery Lane, and UK-wide. The main header includes the Harley Therapy logo, the text 'HARLEY THERAPY™ Psychotherapy & Counselling in London', and a 'Call to book an appointment 0345 474 1724' button. Below the header is a navigation menu with links for Home, Services, Issues, Therapists, Fees, Guides, About, Reviews, and Contact. A 'Book Online' button is also present. The main content area features a purple banner for 'PERFECTIONISM' with a sub-heading 'A Help Guide for Perfectionism. When is it healthy and when is it neurotic?'. Below this is a TRUSTPILOT rating of 'Excellent' and a statistic: '87.5% OF GIFTED STUDENTS IN RURAL MIDDLE SCHOOLS ARE PERFECTIONISTS'.

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Perfectionism: A Help Guide

What is Perfectionism?

In psychological terms, perfectionism is largely deemed a **personality trait** that involves constantly trying to be the very best at all that you do, and not wanting to make any mistakes.

There is controversy over whether perfectionism can be divided into different types.

Recently some psychologists even hold that perfectionism is an **obsessive personality type** over a trait, which implies needing to feel in control at all times to ensure their own safety.

What are the different types of Perfectionism?

Many psychologists feel that **perfectionism can be divided into two different types**.