

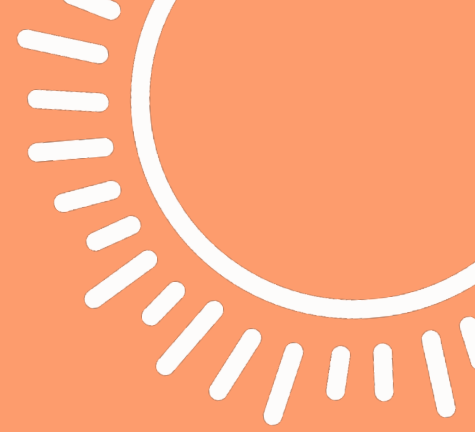
Excellence > Perfection: Perfectionism and Self Compassion Workshop

Boston University Chobanian & Avedisian School of Medicine

Beverly Chen, LCSW

Director, Wellbeing Education and Training

Boston University Student Wellbeing





Folded Ice

The Perfect Shoe Ring



The Pawshank Redemption

Goals



Identify perfectionistic thinking and its impact on you



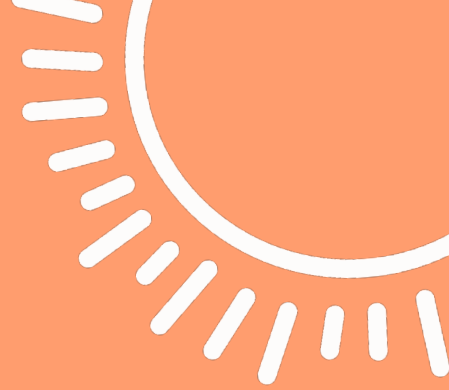
Differentiate a healthy pursuit of excellence from perfectionism



Describe Self-Compassion and Engage in a Self Compassion Practice



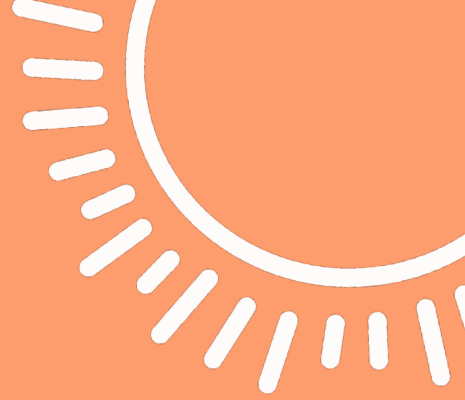
Perfectionist Thinking



Sets unrealistic standards for oneself and others

Rigidly adhere to these standards

Derive one's self worth from one's performance and production



Common Self Talk

"I should have known better."

"If I don't get X, I'm ruined."

"I have to be liked by everyone."

"I should always be considerate and unselfish."

"I should always be on top of things."

"I feel guilty if I'm not working."

"What will other's think of me if I don't succeed."

"I must look perfect."

Group Discussion

In what ways do you engage in perfectionist thinking?

How might external influences such as educational system, media, family upbringing, culture and your various identities play into perfectionist tendencies?

What have you gained from perfectionism?
Can you think of a time that perfectionism worked against you, negatively impacting your mind, body and behavior?



The Cycle of Perfectionism

1. Perfectionism


2. Procrastination

3. Self- Criticism

4. Anxiety/ Depression

Perfectionistic Thinking vs. Healthy Pursuit of Excellence

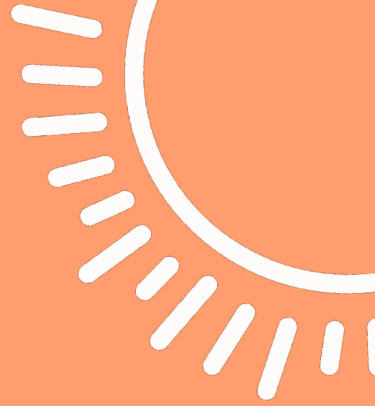
Perfectionistic Thinking	Healthy Pursuit of Excellence (Healthy Striving Mindset)
Reach for Impossible Goals	Set high standards that are within reach
Focus on the outcome	Focus more on the process of working towards a goal one step at a time
Audience Pleasing	Taking Pride in One's Work
Dwell on mistakes, fear failure and dislike constructive criticism or feedback	Correct mistakes, learn from failure and welcomes feedback as opportunities for growth
Accomplishments are minimized Focus tends to be on unmet goals, tasks and flaws	Celebrate accomplishments even when things remain incomplete



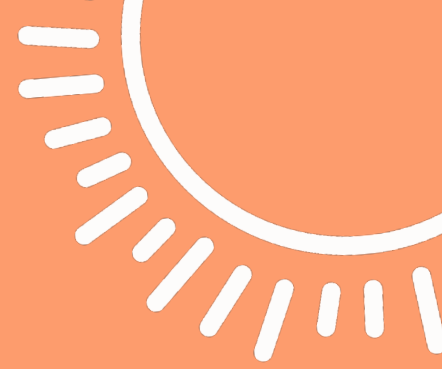
“Self compassion provides an island of calm, a refuge from the stormy seas of endless positive and negative self-judgment, so that we can finally stop asking, “Am I as good as they are? Am I good enough?”

-Kristin Neff, *Self Compassion*

The Scientific Benefits of Self Compassion



3 Components of Self Compassion



Self-kindness

*(Speak to yourself
like you would
speak to a friend)*

Common humanity

(We all struggle)

Mindfulness

*(Being Present to
the Moment)*

Self Compassion Exercise





Celebrate your achievements



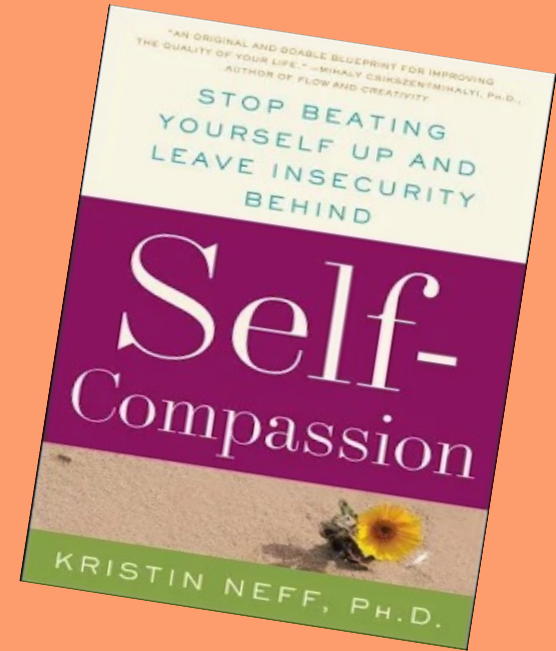
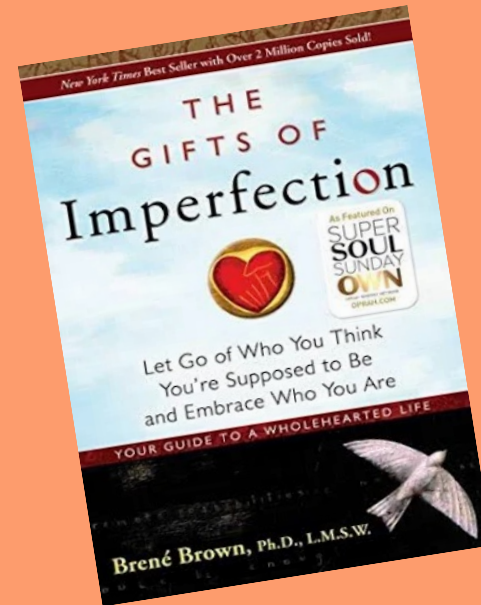
Why is it important to celebrate your achievements?

How do you celebrate your achievements?

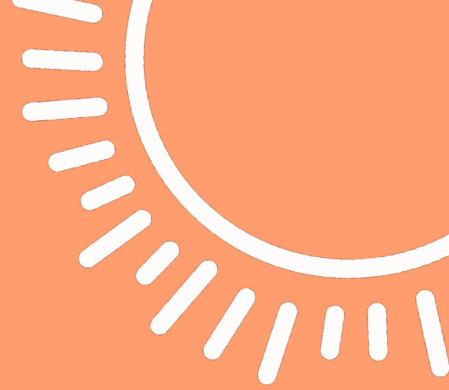


Questions, Feedback and Resources

- Kristin Neff's guided self-compassion meditation on self-compassion.org
- Headspace App
- Beverly Chen, LCSW bevchen@bu.edu
- Follow us on Instagram: [@bu_wellbeing](https://www.instagram.com/bu_wellbeing)



Workshop Evaluation



Thank you for your participation!