

# UNDERSTANDING YOUR PERFECTIONIST CHILD

## A CHILD WITH PROBLEMATIC PERFECTIONISM MIGHT BE:

### ◆ CONCERNED WITH PRECISION AND ORDER:

"NO ONE ELSE CAN ORGANIZE MY DESK LIKE I CAN."

### ◆ HAVING ALL-OR-NOTHING THINKING:

"IF I MISS THE ANSWER TO ONE PROBLEM, I MAY HAVE WELL MISSED THEM ALL."

### ◆ AVOIDING THINGS THEY MIGHT NOT DO WELL IN:

"I'M NOT GOING TO TRY THIS ACTIVITY BECAUSE I DON'T KNOW THE RULES."

### ◆ FEARING REJECTION AND DISAPPROVAL:

I FELL AND EVERYONE SAW ME, I FEEL SO ASHAMED."

### ◆ DOUBTING THE QUALITY OF THEIR WORK:

"I'M SURE MY WORK IS THE WORST IN CLASS."

### ◆ HAVING VERY LOW PATIENCE FOR MISTAKES:

"I CAN'T BELIEVE I GOT THIS ANSWER WRONG!"

## THEY MIGHT BE FEELING:



## WHAT YOUR PERFECTIONIST CHILD NEEDS:

♥ CERTAINTY "I WILL STILL BE LOVED IF I FAIL. I AM WORTHY OF LOVE EVEN WHEN I MAKE MISTAKES."

♥ ACCEPTANCE "I CAN HAVE BIG EMOTIONS (ANGER, FEAR, SADNESS, ANXIETY) AND STILL BE OKAY."

♥ UNCONDITIONAL LOVE "MY PARENTS THINK I'M AWESOME AS I AM, FLAWS AND ALL."

♥ PATIENCE "I CAN MAKE MISTAKES AND MY PARENT WILL HELP ME TRY AGAIN."

♥ CLARITY "I KNOW WHAT MY PARENTS EXPECT OF ME."



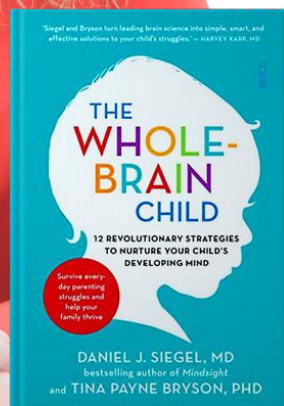
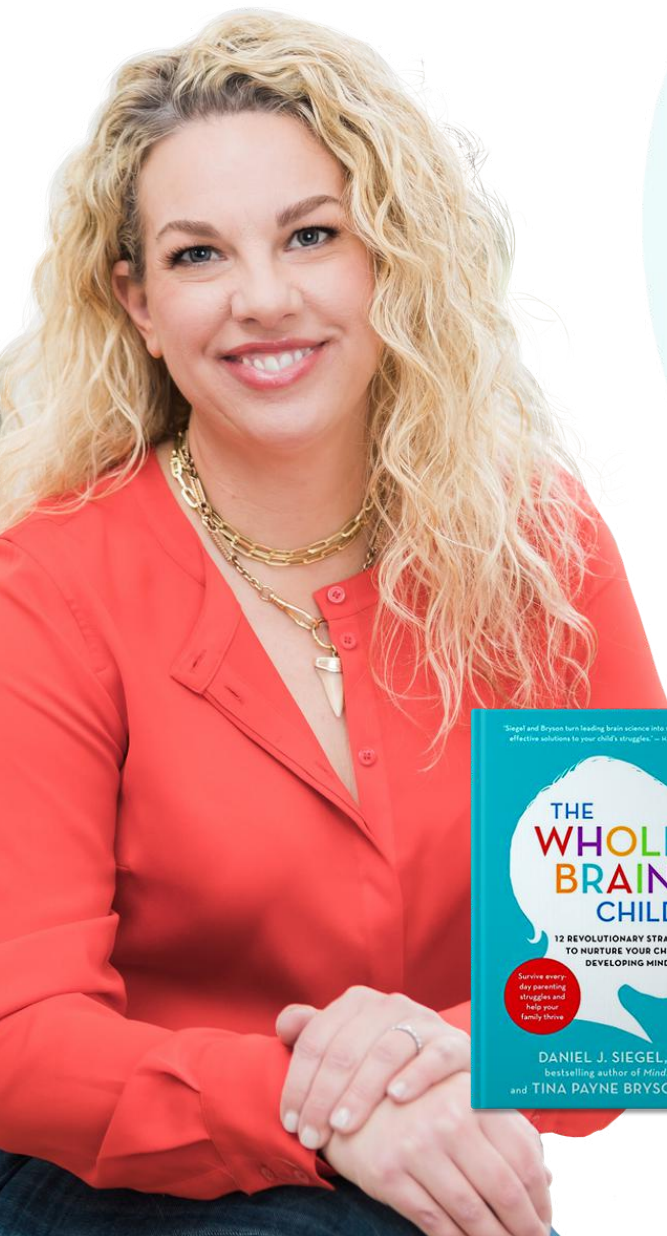
YOU'RE INVITED!

# HELP YOUR PERFECTIONIST CHILD TURN ANXIETY INTO CONFIDENCE

LIMITED-EDITION  
MASTERCLASS

by: Tina Payne Bryson *phd*  
&  
*Big Life Journal*

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