

Perfectly Imperfect

Resources



Perfectly Imperfect.

“Perfectionism is a dangerous state of mind in an imperfect world”

The need for perfection comes in different flavors, each associated with its own set of problems, researchers say.

American Psychology Association:

The Many Faces of Perfectionism <http://www.apa.org/monitor/nov03/manyfaces.aspx>

It's Got to Be Perfect-Bec Oakley

Afraid to try. Afraid of making mistakes. Meltdowns after getting it wrong. Obsessed about fixing errors. Incredibly high standards. Perfectionist.

<http://www.snagglebox.com/article/autism-perfectionism>

Idea House Educational Services:

Perfectionism is not a term usually associated with disabilities. But it can be a major obstacle to learning new developmental skills. It's confusing and demoralizing to struggle at something while everyone else makes the same task look easy

<http://www.ideahouseeducationalservices.com/7-ways-to-help-your-child-with-special-needs-overcome-perfectionism.html>