

MARTIN M. ANTONY, PH.D.  
RICHARD P. SWINSON, MD

# When Perfect Isn't Good Enough

— SECOND EDITION —

Strategies for Coping with Perfectionism



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# When Perfect Isn't Good Enough Strategies For Coping With Perfectionism

**Martin M. Antony, Richard P. Swinson**



## **When Perfect Isn't Good Enough Strategies For Coping With Perfectionism:**

**When Perfect Isn't Good Enough** Martin Antony, Richard Swinson, 2009-02-01 It's only natural to want to avoid making mistakes but imperfection is a part of being human. And while perfectionists are often praised for their abilities, being constantly anxious about details can hold you back and keep you from reaching your full potential. In this fully revised and updated second edition of *When Perfect Isn't Good Enough*, you'll discover the root cause of your perfectionism, explore the impact of perfectionism on your life, and find new, proven, effective coping skills to help you overcome your anxiety about making mistakes. This guide also includes tips for dealing with other perfectionists and discussions about how perfectionism is linked to worry, depression, anger, social anxiety, and body image. As you complete the exercises in this book, you'll find it easier and easier to keep worries at bay and enjoy life. Imperfections and all! This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit, an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jumpstart changes in their lives.

**When Perfect Isn't Good Enough** Martin M. Antony, Richard P. Swinson, 2007

When Perfect Isn't Good Enough Martin M. Antony, Richard P. Swinson, 2009-02-01 This revised and updated edition of *When Perfect Isn't Good Enough* offers the benefits of the latest research to readers who dread making mistakes and feel that nothing they do is quite good enough.

*A Perfectionist's Guide to Not Being Perfect* Bonnie Zucker, 2022-02-01 It's hard to be happy when you've created a very narrow window of what defines success. Do you try to do everything perfectly? Do you wear yourself down and still constantly not feel good enough? This helpful book will encourage you to maintain your desire to achieve without striving to always be perfect. It's all about appreciating and loving yourself for who you are, not what you accomplish. When you recognize that perfectionism can be a disadvantage, you can become motivated to do something about it. Expert author Dr. Bonnie Zucker will help you understand what perfectionism is, how it's interfering with your life, not helping it, and what you can do about it. You can be successful, happy, and confident without having to be perfect.

*The Worrier's Guide to Overcoming Procrastination* Kevin Gyoerkoe, Pamela Wiegartz, 2011-01-01 Break the Bonds of Anxiety-Driven Procrastination. You know that postponing things you need to do can result in negative consequences: overdue bills, unhappy supervisors, disappointed friends and romantic partners, and feelings of guilt or dread. But something inside keeps you from taking action. For many of us, that something is anxiety, fear of failure, firmly entrenched perfectionism, or even fear of success. With *The Worrier's Guide to Overcoming Procrastination*, you'll develop the skills you need to understand and conquer the anxiety that lies at the root of your chronic avoidance. These proven skills for overcoming procrastination will help you to work productively, enjoy guilt-free leisure time, and free yourself from the anxiety that holds you back. Use this effective program to identify the specific reasons behind your procrastination, eradicate the negative thinking patterns that

fuel anxiety Set goals for boosting your productivity and improving time management Make the commitment to change your habits for good *Too Perfect* Trudy Ludwig,2009-05-12 Maisie thinks Kayla is perfect She s pretty and thin has cool clothes gets good grades and she s a star on the soccer field But is Kayla happy The more Maisie gets to know Kayla the more she begins to question whether being perfect is really so wonderful In *Too Perfect* acclaimed speaker and child advocate Trudy Ludwig explores the relentless and destructive drive for perfection and the freedom that comes from accepting one s self

**The Mindful Path Through Shyness** Steve Flowers,2009 Discusses cultivating mindfulness to move past shyness and gain social confidence helping readers to make stronger connections with others and reduce social stress and anxiety The Self-Regulation Handbook for Teens and Young Adults ,2025-08-05 Discover how emotional regulation and other coping skills can help you manage big emotions big life changes and the issues you deal with on a day to day basis The final years of high school and the first years of college can be full of new experiences friendships and learning opportunities But they can also be a time of upheaval and instability This trauma informed handbook will help you remain empowered and centered as you navigate through a variety of difficult experiences including Mental health concerns like anxiety depression perfectionism boredom burnout and grief Interpersonal challenges like not fitting in being gaslit facing discrimination and problems with communication and relationships External issues like collective trauma social media pressures political upheaval and financial stress Specifically designed for ages 15 to 21 this comprehensive guide provides valuable tools for utilizing self regulation to build resilience and cultivate a strengths oriented mindset Dr Kathy Wu a licensed psychologist has compiled helpful strategies and practical interventions from cognitive behavioral therapy CBT acceptance commitment therapy ACT dialectical behavioral Therapy DBT and others to help you understand and deal with difficult emotions and experiences With engaging advice and real life examples this handbook equips you with the tools you need to thrive and face life s challenges head on Freedom from Anxious Thoughts and Feelings Scott Symington,2019-02-02 A ridiculously easy breakthrough approach to practicing mindfulness If you suffer from anxiety and experience racing panicky thoughts you need help right away You ve probably heard about mindfulness and how effective it can be in easing anxiety and worry but how do you do it exactly In this go to guide psychologist Scott Symington presents a practical breakthrough approach called the two screen method to help when painful thoughts feel overwhelming Using this simplified mindfulness approach you ll learn to accept and redirect your thoughts and focus on your values By using the two screen method outlined in this book as well as the three anchors mindfulness skills healthy distractions and loving action you ll learn to relate to your thoughts and feelings in a whole new way And when threats fears insecurities and potentially destructive thoughts and feelings show up you ll have a game plan for dealing with these difficult emotions so you can get back to living your life If you have anxiety being present with your negative thoughts is probably the last thing you want to do That s why the two screen method in this book is so helpful it offers a way to diffuse from your anxious thoughts while still focusing on the things that really matter to you

*The Big Book of Parenting Solutions* Michele Borba, 2009-08-11 The Today show expert tackles 101 issues ranging from sibling rivalry lying and peer pressure to cell phone use and TV addiction Indispensable Publishers Weekly A recommended read for moms by Working Mother magazine In this down to earth guide parenting expert Michele Borba offers advice for dealing with children's difficult behavior and hot button issues including biting temper tantrums cheating bad friends inappropriate clothing sex drugs peer pressure and much more Written for parents of kids age 3-13 this book offers easy to implement advice for the most important challenges parents face with kids from toddlers to tweens Includes immediate solutions to the most common childhood problems and challenges Written by Today's resident parenting expert Michele Borba Offers clear step by step guidance for solving difficult childhood behaviors and family conflicts Contains a wealth of advice that is easy to follow and gets quick results Author has written outstanding parenting books including Building Moral Intelligence No More Misbehavin Don't Give Me that Attitude and more Each of the 101 issues includes clear questions specific step by step solutions and advice that is age appropriate Moms and dads have come to rely on Dr Borba for advice on issues large and small The Big Book of Parenting Solutions is an indispensable comprehensive and authoritative guide to the wonderful and sometimes wacky world of parenthood You'll find yourself dipping into it for answers again and again Dana Points Editor in Chief Parents Magazine The easy to use problem solution format will have you battling your biggest parenting crises with confidence Working Mother

*Take Control of OCD* Bonnie Zucker, 2021-09-23 Take Control of OCD A Kid's Guide to Conquering Anxiety and Managing OCD is a must have guide for kids and teens ages 10-16 with Obsessive Compulsive Disorder to help them take control and use their strengths to find success in school and in life This fully updated second edition Uses a cognitive behavioral therapy and exposure response prevention method to stress gradual exposure to obsessive thinking patterns Provides a step by step ladder based process to help readers conquer their fears and demolish their worries Helps kids change their obsessive thoughts tolerate uncertainty and develop positive self talk and stress management Also helps kids advocate for their needs in school and build successful relaxation procedures Includes workbook style pages for readers to complete By interviewing kids with OCD from across the country the author offers tons of advice information and ideas for students by students just like them Readers will find themselves in this book as it normalizes and validates the often hidden and undisclosed thoughts urges and images and accompanying rituals and compulsions that so many children and teens with OCD struggle with Ages 10-16

*The Shyness and Social Anxiety Workbook* Martin M. Antony, Richard P. Swinson, 2017-12-01 The Shyness and Social Anxiety Workbook Third Edition offers a comprehensive program to help shy or socially anxious readers confront their fears and become actively involved in their social world This fully revised and updated third edition incorporates breakthrough research and techniques for overcoming social phobia including a new chapter on mindfulness based treatments updated information on medications and an overview of treatment enhancing technological advances

*The Confidence Kit* Caroline Foran, 2018-05-17 Consider this your ultimate guide to

confidence From the Number One bestselling author of *Owning It Your Bullsh t Free Guide To Living With Anxiety* comes *The Confidence Kit* a refreshing take on something that s common to us all fear When journalist and author Caroline Foran published *Owning It* her bullsh t free account of living with anxiety it became a phenomenal Number One bestseller Here in *The Confidence Kit* she returns with her unique down to earth style sharing her essential toolkit for improved self confidence Her goal To take our inner fears and anxieties and turn them into the building blocks of confidence From understanding the fear of failure and knowing when and how to step outside your comfort zone to tools such as fear hacking and the art of decision making *The Confidence Kit* is jam packed with practical advice expert input along with the author s signature sense of humour Consider it your ultimate guide to confidence The goal of this book isn t to teach you how to become completely fearless It s about how you can employ techniques to build your confidence to own your fears and anxieties to bring you one step closer to achieving what you want in life Caroline Foran

**Feeling Good about the Way You Look** Sabine

Wilhelm,2006-06-15 In a society where a blemish or bad hair can ruin an otherwise perfect day and airbrushed abs dominate the magazine rack many of us feel ashamed of our bodies If dissatisfaction with your looks is a distressing preoccupation this compassionate book offers a way to break free from the mirror Harvard psychologist Sabine Wilhelm leads you through a step by step program that helps you fight the urge to spend hours fixing your skin and hair working out or shopping for flattering clothes Reality check exercises based on cognitive behavioral therapy demonstrate how to identify unfounded beliefs about your appearance Once you understand the negative thoughts and feelings that distort your self image you ll be able to shed lengthy grooming rituals and overcome the embarrassment that keeps you from enjoying life With Dr Wilhelm s expert guidance you ll learn to replace self doubt and insecurity with confidence and a positive outlook Whether you ve spent thousands on plastic surgery or avoid trips to the beach dating or socializing you owe yourself this opportunity to make peace with your looks If you or someone you care about is struggling with a body image problem effective care is finally at hand Health care professionals see also the related treatment manual *Cognitive Behavioral Therapy for Body Dysmorphic Disorder*

**Spirituality, Religion, and Cognitive-Behavioral Therapy** David H. Rosmarin,2018-05-28 The primary objective of this text is to provide an evidence based and theoretically rigorous practical guide for practitioners in how to integrate spirituality into CBT This book is divided into two parts Part I Chapters 1 4 lays the theoretical and empirical foundations to facilitate case conceptualizations of spirituality within the context of CBT and Part II Chapters 5 8 presents an array of CBT techniques to address patient spirituality and religion in clinical practice

*You Got This* Caroline Foran,2020-03-31

Become your most confident self by working with your fear not against it with this practical guide from the bestselling author of *Owning It* If perfectionism is holding you back if you re stymied by impostor syndrome or if fear of failure is keeping you from trying then something s gotta give Caroline Foran is here to help She can t take away your fear but she ll show you that embracing fear is the first step on the road to becoming your most confident self If you re on the cusp of any new venture at

work in love or in life Foran's comprehensive tool kit will give you everything you need to succeed Learn how to expand your comfort zone with her thirteen foolproof strategies like the importance of goal setting practicing Stoicism and why it's the sh t fear hacking and sidestepping your way around fear how to fake it till you make it You have a choice You can submit to fear and stay comfortable in a cocoon of stability or you can brace yourself take control and own your fears You got this *The Complete Adult Psychotherapy Treatment Planner* David J. Berghuis, L. Mark Peterson, Timothy J. Bruce, 2014-01-02 A time saving resource fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including anger control problems low self esteem phobias and social anxiety Organized around 43 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA

**Developing Resilience** Michael Neenan, 2009-06-09 Some individuals emerge from grim experiences stronger in mind and spirit than others who suffered the same fate In this book Michael Neenan suggests that it is the meanings that we attach to events and not the events themselves that determine our reactions to them this is why different people can react to the same event in a variety of ways *Developing Resilience* shows how people can find constructive ways of dealing with their difficulties by using the techniques of cognitive behaviour therapy as well as listening to the wisdom of those who have prevailed over adversity This book provides useful guidance and advice on topics including managing negative emotions distinguishing between what is within and outside of your control learning from past experiences developing self belief increasing your level of frustration tolerance maintaining a resilient outlook This book will be essential for anyone trying to find constructive ways forward in difficult times as well as counsellors coaches and therapists looking for guidance in helping their clients

*Encyclopedia of Adolescence* Roger J.R. Levesque, 2014-07-08 The Encyclopedia of Adolescence breaks new ground as an important central resource for the study of adolescence Comprehensive in breath and textbook in depth the Encyclopedia of Adolescence with entries presented in easy to access A to Z format serves as a reference repository of knowledge in the field as well as a frequently updated conduit of new knowledge long before such information trickles down from research to standard textbooks By making full use of Springer's print and online flexibility the Encyclopedia is at the forefront of efforts to advance the field by pushing and creating new boundaries and areas of study that further our understanding of adolescents and their place in society Substantively the

Encyclopedia draws from four major areas of research relating to adolescence. The first broad area includes research relating to Self Identity and Development in Adolescence. This area covers research relating to identity from early adolescence through emerging adulthood, basic aspects of development, e.g., biological, cognitive, social, and foundational developmental theories. In addition, this area focuses on various types of identity: gender, sexual, civic, moral, political, racial, spiritual, religious, and so forth. The second broad area centers on Adolescents' Social and Personal Relationships. This area of research examines the nature and influence of a variety of important relationships, including family, peer, friends, sexual, and romantic, as well as significant nonparental adults. The third area examines Adolescents in Social Institutions. This area of research centers on the influence and nature of important institutions that serve as the socializing contexts for adolescents. These major institutions include schools, religious groups, justice systems, medical fields, cultural contexts, media, legal systems, economic structures, and youth organizations. Adolescent Mental Health constitutes the last major area of research. This broad area of research focuses on the wide variety of human thoughts, actions, and behaviors relating to mental health, from psychopathology to thriving. Major topic examples include deviance, violence, crime, pathology, DSM, normalcy, risk, victimization, disabilities, flow, and positive youth development.

The Quick-Reference Guide to Biblical Counseling Dr. Tim Clinton, Dr. Ron Hawkins, 2009-09

This A-Z guide assists people, helpers, pastors, professional counselors, youth workers, and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations.

Immerse yourself in the artistry of words with is expressive creation, **When Perfect Isnt Good Enough Strategies For Coping With Perfectionism** . This ebook, presented in a PDF format ( \*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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