

Strategies for Coping
with Perfectionism

WHEN
PERFECT
ISN'T GOOD
ENOUGH

by Martin M. Antony, Ph.D.
& Richard P. Swinson, M.D.

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

Kevin Gyoerkoe, Pamela Wiegartz



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.

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.

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.

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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 feeling 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 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

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

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