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Oct 17 2025 Perfectionism can cause anxiety and hinder achievement. Here are 10 signs of perfectionist traits and a few strategies to help you cope  
Perfectionist strivings are associated with positive aspects of perfectionism  
perfectionist concerns are associated with negative aspects see below

Healthy perfectionist score high in perfectionist strivings and low in perfectionist concerns Perfectionism is a trait that makes life an endless report card on accomplishments or looks. When healthy it can be self motivating and drive you to overcome adversity and achieve success

When May 4 2023 Being a perfectionist means having very high and exact expectations and standards explains Dr. Albers

It's working and striving for things to be just right or just so Dec 10 2025  
Genetics and upbringing are key factors that may cause perfectionism. Perfectionism is the tendency to set excessively high standards for oneself and others Sep 24 2021 Perfectionist concerns combine fears and worries over making mistakes

They focus perfectionists' attention on endless doubts about almost everything from actions taken parental expectations and criticism to socially prescribed demands Nov 5 2019 Perfectionism is often defined as the need to be or appear to be perfect or even to believe that it's possible to achieve perfection

It is typically viewed as a positive trait rather than a.

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