

# 10 THINGS YOU GAIN BY DITCHING PERFECTIONISM

*Perfectionism, in psychology, is a broad personality style characterized by a person's concern with striving for flawlessness and perfection and is accompanied by critical self-evaluations and concerns regarding others' evaluations.*  
*Wikipedia; Perfectionism (Psychology)*

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## 1 WILLINGNESS TO TRY NEW THINGS

When you lose your unhealthy preoccupation with results and getting things perfect, you discover the value of experimentation, which opens you to many more discoveries.

## 2 LEARN FROM OTHERS

Instead of seeing everyone and everything as competition, you can appreciate that others know things you don't and vice-versa. Learning becomes a cooperative experience.

## 3 HEALTH AND WELLBEING

Maladaptive perfectionism can lead to psychological and behavioral maladjustments, including depression and anxiety, stress, suicidal thoughts, problems in relationships, and low self-esteem.

## 4 POSITIVE INTERPERSONAL CONNECTIONS

Accepting imperfections in yourself and others without expectations of flawlessness and without critical evaluations improves interpersonal relations and makes you more relatable to others.

## 5 AUTHENTICITY

Closely related to #4 above, when you are comfortable presenting your strengths and weaknesses, being vulnerable, then people see you as authentic and they are more likely to trust you.

## 6 FUN AND ENJOYMENT

It's not fun being a perfectionist. The constant, intense striving for an unattainable standard, the stress, and never feeling like you measure up are simply not worth it. Life is short and to be enjoyed. Don't miss out.

## 7 SELF-APPRECIATION

Perfectionists are constantly finding fault in themselves and even though they may achieve great results, they suffer from low self-esteem. By ditching perfectionism, you learn to appreciate your abilities and unique qualities. You know that you are enough.

## 8 HAPPINESS

When you know you've done your best, you feel content. It's like a pressure valve that's been released. Your mantra: I did the best I can, and it is perfect.

## 9 EMBRACE CHANGE

The perfectionist likes to have control of the environment and others, which can lead to stagnation. By ditching perfectionism you are more open to change, which enables you to experience new things and grow outside your comfort zone.

## 10 LIVE YOUR LIFE TO THE FULLEST

This is the best part. No longer trapped by the illusion of perfectionism, you can live your life fully and embrace all that is available to you. Aha!