

RED FLAGS That Signal You're A Perfectionist

You like to do things perfectly, or not at all. But you find yourself in a never-ending quest that only leads to disappointment, frustration, and anxiety. It feels like you're on a hamster wheel and have no way out.

Here are **RED FLAGS** that signal you're a **Perfectionist**:

- You often feel like you haven't done quite enough.
- You often feel you need to do better.
- You find it difficult to know when to stop.
- You feel like you fail at everything you try.
- You aren't able to accept or celebrate your success.
- You procrastinate and struggle to get things done on time.
- You avoid taking on challenges because you're afraid you'll fail.
- You use the word *should* frequently.
- You don't allow yourself to make any mistakes.
- Your self-worth is based on your accomplishments and how other people view you.
- You find it challenging to relax and share your emotions and thoughts.
- You have black-and-white, or all-or-nothing, extreme thinking where there are no shaded areas or middle ground.
- You can become controlling in your relationships, both personal and professional.
- Your health may be at risk from the daily stress of overworking.
- You fear failure, and that fear is a driving force in your life.
- You are a **People Pleaser**.
- You are hypersensitive to any criticism and become defensive, even when it is constructive.
- You take everything personally.
- You are judgmental and critical of other people.
- You find yourself overwhelmed with all the work you have to do.

- You have a hard time when you're not the best in anything you do.
- You are rigid in that you feel there is only one way to do things, your way or not at all.
- You have little patience when people don't get things right and find yourself irritated by it.
- You need to be in control, and you can't delegate tasks because you want them done right.
- You have no balance between your work and leisure activity.