



Rifka Schönfeld **STRATEGIES**

THE NEWSLETTER FOR OPTIMUM SUCCESS

TIPS ON SOCIAL SKILLS FOR ADULTS & CHILDREN

IS PERFECTIONISM A BAD THING?

Dear Readers,

This week's newsletter includes a question on the topic of perfectionism. Is it a bad thing or are there benefits to being a perfectionist?



Rifka Schönfeld
STRATEGIES

QUESTION:

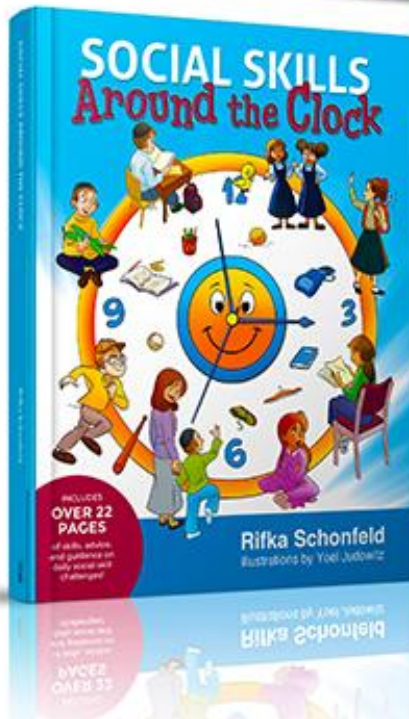
I always try to be perfect.

I wish it was easier for me, but I can't really help it. So, can I just embrace it? Is that really a bad thing?

Some experts argue that perfectionism develops during childhood. Many different pressures: family, social, self, media, and unrealistic role models combine to push some people to a lifetime of worrying, feeling guilty, and working too hard. Often these feelings of guilt are tied up in self-esteem and self-worth. Perfectionists start to believe that unless they are perfect, they are unworthy of love and respect.

There's nothing wrong with trying your best. In fact, giving it your best shot is what you should attempt to do everyday; however, your sense of self should not be shattered if your best shot ends in less than perfect results. Insisting on perfection can lead to doomed results for both you and your family.

Coming Soon!



NEW!
**SOCIAL SKILLS
COMIC BOOK**
by Rifka Schonfeld

Rifka Schonfeld Presents



**Dr.
Ross
Greene**
Ph.D.



RETHINKING CHALLENGING BEHAVIORS

— OF —
CHILDREN | TEENS | ADULTS

TUESDAY

NOV. 14. 2017

8:30AM-4:30PM



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