

Management Brief

Essential **Tips** for Personal Growth



**Are you a
Perfectionist?**



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Can anyone be perfect?

Some of us have a very peculiar habit of seeing everything free of faults... such people can be found in different places and positions. The person can be your mother/father, wife/husband, daughter/son and most importantly your BOSS. They never seem to rest their minds and bodies; they quest for perfection can be utterly annoying and disheartening. As it can become more and more difficult for the other person to keep this perfectionist happy.

Do you
think it's
normal



You want every piece of work you turn in to be absolutely perfect because you are a perfectionist. However, while there is a chance that you want to consistently strive for perfectionism, chances are that it wouldn't do you any good. Let's face it, it's good to strive for perfection but it's a lot better and sensible to be realistic.

*I*t's great to strive for this level of perfection, but is it realistic? What happens when a perfectionist sets standards that are simply too high for most of us to achieve? What happens when they won't settle for anything less than perfect? Confusion, misunderstandings and a lot more stress.

Editorial Panel

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They get sensitive

One of the biggest problems for perfectionists is when someone else does a better job than they do. In fact, people who consider themselves perfectionists often feel that if someone else does a better job, then their job isn't that important anymore. When they discover that someone else can do a task at a high level, they suddenly find themselves immobile. They are driven to do nothing and they can become rather touchy and sensitive.

Self-proclaimed standards

Perfectionists set self-imposed standards. They plan everything down to the smallest detail before getting started. This creates what most of us see as a time-wasting period where they accomplish nothing because perfection doesn't just happen, it must be meticulously planned!

They often feel that a very large project is almost impossible to handle. This is usually because they cannot see any way forward - they suspect that large projects require so much time and energy that the time frame is unrealistic. They want to double check everything and demand a high level of detail before they get started on any project.



Discovering flexibility

One of the most important thing is to get over your obsession with perfection. Try to be more flexible. It can get stressful as you may find that you are not entirely happy with the final product but your employer (or others around you) will see your work in a completely different manner. In such a situation you can only do your best and relax.

Expecting no flaws or faults. There are three types of perfectionists: People who expect perfection of themselves, people who demand perfection from others, and people who think others expect perfection from them.

Double Check. Doubt and concern over mistakes can trigger procrastination. Having perfection-oriented automatic thoughts. Even when they don't realize it, perfectionists tell themselves that they have to be perfect.

Just too Aware. Perfectionists notice and dwell on every flaw.

Tend to feel guilty. When a perfectionist makes a mistake, she feels ashamed of what others think and guilty because of her own unacceptable performance.

Creating issues. For a perfectionist, a minor setback carries more importance than it deserves.

High standards. A perfectionist sets unreasonably high expectations; success is black and white - either you're a complete success or a complete failure.

Expecting the impossible. Perfectionists feel they should excel in every area - even those in which they have no training or experience or that are not important.

Making all-or-nothing judgments. If a perfectionist can't do something well, she/he may write it off as being worthless.

Overstating. Perfectionists convince themselves that the world hangs on every decision and action.

Overreacting. Perfectionists tend to cope with problems in an overemotional, reactive way rather than facing them head - on with problem-focused, task-oriented strategies.

Quotes

“Always dream and shoot higher than you know you can do. Do not bother just to be better than your contemporaries or predecessors. Try to be better than yourself.”

— *William Faulkner*

“Perfectionism is self-abuse of the highest order.”

— *Anne Wilson Schaef*

“If you look for perfection, you'll never be content.”

— *Leo Tolstoy, Anna Karenina*

“When you stop expecting people to be perfect, you can like them for who they are.”

— *Donald Miller*