

Perfect Imperfection

12 TYPES OF PERFECTIONISM

Hi, I'm Deborah Chalk. Thanks for downloading this guide to 12 types of perfectionism. Chances are if you are reading this you are finding that perfectionism is in some way affecting how you live your life, and not always positively.

As you read through the twelve types of perfectionism, notice how you see yourself in them. Do you relate to more than one?

12 TYPES OF PERFECTIONISM

Which sound like you?

- **Stuck in your ways perfectionist** - this kind of perfectionist considers that in the past things were better and that they will never be as good as they once were. They might look at old photos with a sense of regret, keep old clothes that are out of fashion in their wardrobe and wish that they had taken a different path in their life when they had the option. They would rather do things the way they have always done, rather than seeking innovation.
- **Future perfect perfectionist** - this type of perfectionist thinks that if they can only hold out long enough and work hard enough that they will be richly rewarded with a perfect future. They hold off on having a good time now as they feel that this could take them out of the game when it comes to collecting future rewards. They like to plan and dream and compare their current life to that future. When they do this their current life never compares favourably with their imagined future. This kind of perfectionist may dream of winning the lottery or that being swept off their feet by the perfect partner will solve all their problems.
- **Scattered perfectionist** - this type of perfectionist can't really decide what they want or what standards they want to hold themselves to. Their aims and objectives are constantly changing and so they never give themselves the time that they need to make any real progress or achieve at the level they would hope to achieve at. The scattered perfectionist has many role models that they look up to and reads all sorts of books and media and tries to follow many different plans of action at the same time, even if these might be conflicting.

- Look to the expert perfectionist - this kind of perfectionist is a little like the scattered perfectionist, but may focus on a few gurus to base their actions and beliefs on. They believe that the answer is always outside of themselves and that someone else must always be consulted about the right thing to do. They can often be found researching on the internet to find just the right option for a holiday / hotel/ blouse / you name it. Their bookshelf is full of self-help books, reference books and how to's. They never consider what their own choices are or listen to their own intuition, as it feels safer instead to use the guidance of someone else.
- Comparing Perfectionist - this is the 'keeping up with the Joneses or Kardashian's perfectionist. They have a tendency to compare everything that they have to what other people have. This tendency leads them usually only to consider the lives of people that they perceive to be 'better off' than themselves. They give a cursory acknowledgement to those who are worse off, but it is where they fare worse than others that dominates their thoughts. They subscribe to many online newsletters and often look on Facebook and Instagram when they need to indulge in comparison. There is some level at which they enjoy comparison as it has become a habit. In other ways it causes them huge amounts of pain and discontent.
- Hard work perfectionist - This perfectionist is likely to have been the good girl at school who always handed her homework in on time and always was well mannered. She perhaps had a critical parent with high standards. She has learnt that doing things well has rewards and so she is willing to do them as well as she can, even if she loses all sight of who she really is and what she really wants. This type of perfectionist can often be found in the fields of law and medicine or other traditionally revered careers. She chose a career that met the approval of her family, rather than considering what she was passionate about.
- Safety first perfectionist - This type of perfectionist tries to keep herself safe by following all the rules and by only doing what she has already seen works. She avoids all high risk activities and always watches flight safety information and reads the flight safety care cards very thoroughly. She believes that by following rules and structures she can keep herself and those she loves safe. This type of perfectionist is still cutting grapes in half for her children when they are ten.

- **Martyr perfectionist** - this type of perfectionist makes sure that things are always done perfectly for others, even if her own self-care / life suffers. She buys expensive presents for friends and family even when she can't really afford them. She spends time making perfect healthy meals and cleaning her home to extremely high levels. She always says yes when she is asked to help, even when she doesn't feel like it and even if it is not where her real priorities lie.
- **Promise of zen perfectionist** - This perfectionist believes that if she tries hard enough to be perfect and uses origami folding techniques in her underwear drawer that she will through this create a happy life. She thinks that by having a clean ordered environment she will be free of internal pain. Her highly rigid diet is another indicator of her belief that extreme control and order can lead to fulfilment.
- **Ambitious perfectionist** - This perfectionist is demanding of herself and of others. She works hard and late into the night. She believes her worth is attached to her job performance and the promotions that she secures. She is spiritually the kind of woman who wore shoulder pads in her suits in the 1980s. When she goes to yoga she goes to perform and perfect rather than relax and cultivate inner peace. This kind of perfectionist also can turn up in the form of a new entrepreneur.
- **Imperfect perfectionist** - This kind of perfectionist strives incredibly hard in every area of her life. She does not call herself a perfectionist as she does not believe that she is perfect enough to be a perfectionist. She always feels that she falls short in whatever areas she considers. This kind of perfectionist also has the tendency to compare herself with others.
- **White flag perfectionist**- This perfectionist does not believe that things will ever be as perfect as she wants to be, and so she has given up. Her home is untidy and her wardrobe is shabby - because really if things can't be perfect, what's the point?

Did you recognise yourself in these?

Perfectionism does not have to rule your life in these ways. Giving up some of your perfectionism does not mean becoming a slob. There is a balance between perfection and imperfection and it comes through trusting yourself and your intuition and listening to the signs within your body about what is the right next step for you.

I'm Deborah Chalk and I'm a Martha Beck Certified Life coach. I know all of these different types of perfectionism as in one way or another I've lived all of them in my life, but ultimately I realised that if I wanted to live a life I really loved and could look back on without regret that I would need to let go of my need for everything to be perfect and instead to begin to play more in the real world.

I'd love to help you as you learn to balance your perfectionism with reality. If you are interested in working with me as your coach please email me at deborah@deborahchalk.com and we can set up a free 30 minute call by Skype or phone conference line to find out if we are a good fit for coaching.

Allowing Perfect Imperfection leads to :

self-trust

self-compassion

self-esteem

freedom

self-care

respectful relationships

your true work

a loving relationship with your body.

gratitude

mindfulness

more fun

more adventures

Speak soon,

Deb

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