

Strategies for Coping  
with Perfectionism

WHEN  
PERFECT  
ISN'T GOOD  
ENOUGH

by Martin M. Antony, Ph.D.  
& Richard P. Swinson, M.D.

# When Perfect Isn't Good Enough Strategies For Coping With Perfectionism

**Robin L. Cautin, Scott O. Lilienfeld**



## **When Perfect Isn't Good Enough Strategies For Coping With Perfectionism:**

When Perfect Isn't Good Enough Martin M. Antony, Richard P. Swinson, 2009-02-01 This revised and updated edition of *When Perfect Isn't Good Enough* offers the benefits of the latest research to readers who dread making mistakes and feel that nothing they do is quite good enough

**Cognitive-Behavioral Treatment of Perfectionism** Sarah J. Egan, Tracey D. Wade, Roz Shafran, Martin M. Antony, 2014-08-07 This practical resource provides an evidence based framework for treating clients struggling with perfectionism whether as the main presenting problem or in conjunction with depression eating disorders anxiety disorders or obsessive compulsive disorder Using a case formulation approach the authors draw on their extensive cognitive behavioral therapy CBT experience to present specific techniques and interventions Coverage spans treatment planning the therapeutic alliance key obstacles that may arise relapse prevention and emerging research Reproducible assessment scales and 36 patient handouts are included purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2 x 11 size

**A Perfectionist's Guide to Not Being Perfect** Bonnie Zucker, 2022-02-01 It's hard to be happy when you've created a very narrow window of what defines success Do you try to do everything perfectly Do you wear yourself down and still constantly not feeling good enough This helpful book will encourage you to maintain your desire to achieve without striving to always be perfect It's all about appreciating and loving yourself for who you are not what you accomplish When you recognize that perfectionism can be a disadvantage you can become motivated to do something about it Expert author Dr Bonnie Zucker will help you understand what perfectionism is how it's interfering with your life not helping it and what you can do about it You can be successful happy and confident without having to be perfect

The Self-Regulation Handbook for Teens and Young Adults Kathy Wu, 2025-08-05 Discover how emotional regulation and other coping skills can help you manage big emotions big life changes and the issues you deal with on a day to day basis The final years of high school and the first years of college can be full of new experiences friendships and learning opportunities But they can also be a time of upheaval and instability This trauma informed handbook will help you remain empowered and centered as you navigate through a variety of difficult experiences including Mental health concerns like anxiety depression perfectionism boredom burnout and grief Interpersonal challenges like not fitting in being gaslit facing discrimination and problems with communication and relationships External issues like collective trauma social media pressures political upheaval and financial stress Specifically designed for ages 15 to 21 this comprehensive guide provides valuable tools for utilizing self regulation to build resilience and cultivate a strengths oriented mindset Dr Kathy Wu a licensed psychologist has compiled helpful strategies and practical interventions from cognitive behavioral therapy CBT acceptance commitment therapy ACT dialectical behavioral Therapy DBT and others to help you understand and deal with difficult emotions and experiences With engaging advice and real life examples this handbook equips you with the tools you need to thrive and face life's challenges head on

*Freedom from Anxious Thoughts and*

*Feelings* Scott Symington, 2019-02-02 A ridiculously easy breakthrough approach to practicing mindfulness If you suffer from anxiety and experience racing panicky thoughts you need help right away You've probably heard about mindfulness and how effective it can be in easing anxiety and worry but how do you do it exactly In this go to guide psychologist Scott Symington presents a practical breakthrough approach called the two screen method to help when painful thoughts feel overwhelming Using this simplified mindfulness approach you'll learn to accept and redirect your thoughts and focus on your values By using the two screen method outlined in this book as well as the three anchors mindfulness skills healthy distractions and loving action you'll learn to relate to your thoughts and feelings in a whole new way And when threats fears insecurities and potentially destructive thoughts and feelings show up you'll have a game plan for dealing with these difficult emotions so you can get back to living your life If you have anxiety being present with your negative thoughts is probably the last thing you want to do That's why the two screen method in this book is so helpful it offers a way to diffuse from your anxious thoughts while still focusing on the things that really matter to you

**Take Control of OCD** Bonnie Zucker, 2021-09-23 *Take Control of OCD A Kid's Guide to Conquering Anxiety and Managing OCD* is a must have guide for kids and teens ages 10-16 with Obsessive Compulsive Disorder to help them take control and use their strengths to find success in school and in life This fully updated second edition Uses a cognitive behavioral therapy and exposure response prevention method to stress gradual exposure to obsessive thinking patterns Provides a step by step ladder based process to help readers conquer their fears and demolish their worries Helps kids change their obsessive thoughts tolerate uncertainty and develop positive self talk and stress management Also helps kids advocate for their needs in school and build successful relaxation procedures Includes workbook style pages for readers to complete By interviewing kids with OCD from across the country the author offers tons of advice information and ideas for students by students just like them Readers will find themselves in this book as it normalizes and validates the often hidden and undisclosed thoughts urges and images and accompanying rituals and compulsions that so many children and teens with OCD struggle with Ages 10-16

*The Shyness and Social Anxiety Workbook* Martin M. Antony, Richard P. Swinson, 2017-12-01 *The Shyness and Social Anxiety Workbook* Third Edition offers a comprehensive program to help shy or socially anxious readers confront their fears and become actively involved in their social world This fully revised and updated third edition incorporates breakthrough research and techniques for overcoming social phobia including a new chapter on mindfulness based treatments updated information on medications and an overview of treatment enhancing technological advances

**The Confidence Kit** Caroline Foran, 2018-05-17 Consider this your ultimate guide to confidence From the Number One bestselling author of *Owning It Your Bullsh\*t Free Guide To Living With Anxiety* comes *The Confidence Kit* a refreshing take on something that's common to us all fear When journalist and author Caroline Foran published *Owning It* her bullsh\*t free account of living with anxiety it became a phenomenal Number One bestseller Here in *The Confidence Kit* she returns with her unique down to earth style sharing her essential toolkit for

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**Spirituality, Religion, and Cognitive-Behavioral Therapy** David H. Rosmarin, 2018-05-28 The primary objective of this text is to provide an evidence based and theoretically rigorous practical guide for practitioners in how to integrate spirituality into CBT This book is divided into two parts Part I Chapters 1 4 lays the theoretical and empirical foundations to facilitate case conceptualizations of spirituality within the context of CBT and Part II Chapters 5 8 presents an array of CBT techniques to address patient spirituality and religion in clinical practice

*Feeling Good about the Way You Look* Sabine Wilhelm, 2006-06-15 In a society where a blemish or bad hair can ruin an otherwise perfect day and airbrushed abs dominate the magazine rack many of us feel ashamed of our bodies If dissatisfaction with your looks is a distressing preoccupation this compassionate book offers a way to break free from the mirror Harvard psychologist Sabine Wilhelm leads you through a step by step program that helps you fight the urge to spend hours fixing your skin and hair working out or shopping for flattering clothes Reality check exercises based on cognitive behavioral therapy demonstrate how to identify unfounded beliefs about your appearance Once you understand the negative thoughts and feelings that distort your self image you ll be able to shed lengthy grooming rituals and overcome the embarrassment that keeps you from enjoying life With Dr Wilhelm s expert guidance you ll learn to replace self doubt and insecurity with confidence and a positive outlook Whether you ve spent thousands on plastic surgery or avoid trips to the beach dating or socializing you owe yourself this opportunity to make peace with your looks If you or someone you care about is struggling with a body image problem effective care is finally at hand Health care professionals see also the related treatment manual Cognitive Behavioral Therapy for Body Dysmorphic Disorder

*You Got This* Caroline Foran, 2020-03-31 Become your most confident self by working with your fear not against it with this practical guide from the bestselling author of Own It If perfectionism is holding you back if you re stymied by impostor syndrome or if fear of failure is keeping you from trying then something s gotta give Caroline Foran is here to help She can t take away your fear but she ll show you that embracing fear is the first step on the road to becoming your most confident self If you re on the cusp of any new venture at work in love or in life Foran s comprehensive tool kit will give you everything you need to succeed Learn how to expand your comfort zone with her thirteen foolproof strategies like the importance of goal setting practicing Stoicism and why it s the sh t fear hacking and sidestepping your way around fear how to fake it till you make it You have a choice You can submit to fear and stay comfortable in a cocoon of stability or you can brace yourself take control and own your fears You got

this     **The Complete Adult Psychotherapy Treatment Planner** David J. Berghuis, L. Mark Peterson, Timothy J. Bruce, 2014-01-02 A time saving resource fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including anger control problems low self esteem phobias and social anxiety Organized around 43 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA     *Developing Resilience* Michael Neenan, 2009-06-09 Some individuals emerge from grim experiences stronger in mind and spirit than others who suffered the same fate In this book Michael Neenan suggests that it is the meanings that we attach to events and not the events themselves that determine our reactions to them this is why different people can react to the same event in a variety of ways *Developing Resilience* shows how people can find constructive ways of dealing with their difficulties by using the techniques of cognitive behaviour therapy as well as listening to the wisdom of those who have prevailed over adversity This book provides useful guidance and advice on topics including managing negative emotions distinguishing between what is within and outside of your control learning from past experiences developing self belief increasing your level of frustration tolerance maintaining a resilient outlook This book will be essential for anyone trying to find constructive ways forward in difficult times as well as counsellors coaches and therapists looking for guidance in helping their clients     *Encyclopedia of Adolescence* Roger J.R. Levesque, 2014-07-08 The Encyclopedia of Adolescence breaks new ground as an important central resource for the study of adolescence Comprehensive in breath and textbook in depth the Encyclopedia of Adolescence with entries presented in easy to access A to Z format serves as a reference repository of knowledge in the field as well as a frequently updated conduit of new knowledge long before such information trickles down from research to standard textbooks By making full use of Springer s print and online flexibility the Encyclopedia is at the forefront of efforts to advance the field by pushing and creating new boundaries and areas of study that further our understanding of adolescents and their place in society Substantively the Encyclopedia draws from four major areas of research relating to adolescence The first broad area includes research relating to Self Identity and Development in Adolescence This area covers research relating to identity from early adolescence through emerging adulthood basic aspects of development e g biological cognitive social and foundational developmental theories In addition this area focuses on various types of identity gender sexual civic moral political racial spiritual religious

and so forth The second broad area centers on Adolescents Social and Personal Relationships This area of research examines the nature and influence of a variety of important relationships including family peer friends sexual and romantic as well as significant nonparental adults The third area examines Adolescents in Social Institutions This area of research centers on the influence and nature of important institutions that serve as the socializing contexts for adolescents These major institutions include schools religious groups justice systems medical fields cultural contexts media legal systems economic structures and youth organizations Adolescent Mental Health constitutes the last major area of research This broad area of research focuses on the wide variety of human thoughts actions and behaviors relating to mental health from psychopathology to thriving Major topic examples include deviance violence crime pathology DSM normalcy risk victimization disabilities flow and positive youth development

**The Quick-Reference Guide to Biblical Counseling** Dr. Tim Clinton, Dr. Ron Hawkins, 2009-09 This A Z guide assists people helpers pastors professional counselors youth workers and everyday believers to easily access a full array of information to aid them in formal and informal counseling situations

**Elite Youth Cycling** Alfred Nimmerichter, 2018-09-03 Elite Youth Cycling showcases the latest cutting edge research in youth cycling performance Covering both endurance and sprint cycling events the book explores the effect of cycling on the maturation of the body from childhood to adolescence suggests long term training and nutritional strategies for young athletes and discusses issues such as injury prevention long term athlete health and body image in endurance cyclists Divided into sections on growth and maturation training and testing sports medicine and nutrition and coaching and psychology the book includes chapters on Muscle bone and cardiopulmonary development of young cyclists Performance assessment in the laboratory and on the track Longitudinal training strategies and concurrent strength training Overuse injuries and injury prevention Nutrition and ergogenic aids Personal and psychosocial development Including directions for future research in each section Elite Youth Cycling is an authoritative and comprehensive anthology of the latest research in youth cycling It is vital reading for any physiologist psychologist strength and conditioning coach or sport therapist working with young cyclists and any academic researching youth sport and the development of young athletes

**10 Simple Solutions to Shyness** Martin Antony, 2004-06-01 Even though statisticians report that more than 37 million Americans suffer from diagnosable social phobia common sense suggests that nearly all of us have at one time or another had clammy palms and knocking knees because of an intimidating uncomfortable social situation The party where you don't know a single soul the crowded lobby of a movie theatre the presentation you've been dreading for weeks any of these have the potential to ruin your week without necessarily sending you to the psychiatrist's couch The ten simple exercises in this book help you shed your shyness and start socializing with confidence and Ian 10 Simple Solutions to Shyness examines shyness by symptoms physical discomfort anxious thoughts and bothersome behaviors Solutions follow directly addressing all three You can carry the book in a briefcase or purse for last minute support and extra confidence Once the ten simple solutions are learned they will become

your constant companions providing courage poise and composure whenever you need them most      **The Language of Transition in Leadership** Jakob van Wielink, Riet Fiddelaers-Jaspers, Leo Wilhelm, 2023-08-24 In this book the authors utilise their decades of experience in leadership and coaching for change to help leaders develop the necessary skills to lead people and organisations in transition Combining a scientific and practice based approach they show readers how to develop and maintain their own impactful leadership style while creating psychological safety in their teams Leadership that achieves sustainable results comes from connecting past present and future Describing leadership as a journey the book invites the reader to discover their calling and realise the importance of examining the roots of their leadership before thinking about its destination It gives leaders access to a new dimension of unprecedented growth and demonstrates the ways these lessons and skills can transform change into lasting transitions Accessible and written in a lively style *The Language of Transition in Leadership* is an important book for leaders and executives It will also be of interest to coaches organisational advisors management consultants students of leadership and those transitioning into the workforce      *The Triple Process Remedy*, 2008      *The Encyclopedia of Clinical Psychology, 5 Volume Set* Robin L. Cautin, Scott O. Lilienfeld, 2015-01-20 Recommended Undergraduates through faculty researchers professionals practitioners general readers Choice Includes well over 500 A Z entries of between 500 and 7 500 words in length covering the main topics key concepts and influential figures in the field of clinical psychology Serves as a comprehensive reference with emphasis on philosophical and historical issues cultural considerations and conflicts Offers a historiographical overview of the ways in which research influences practice Cites the best and most up to date scientific evidence for each topic encouraging readers to think critically 5 Volumes [www.encyclopediaclinicalpsychology.com](http://www.encyclopediaclinicalpsychology.com)



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