

Expecting Perfectionism from Others

Often our focus for perfectionism is not on ourselves, but on others in our lives. Unfairly and with impossibly high expectations, we may set them up to fail—and risk harming our relationships with them (Stoeber, 2018).

The table below identifies the people with whom you tend to be overly perfectionistic and why (modified from Antony & Swinson, 2009).

Complete only those boxes below that are relevant and include your belief (or expectation) and an intensity score.

Person/Relationship	Perfectionist belief	Intensity score 0-100
Partner	I expect them to know what I am talking about when I ask a question.	80
Partner		
Sibling		
Parent		
Child		
Work colleague		

Person/Relationship	Perfectionist belief	Intensity score 0-100
Friends		

Add as many lines as required. Include each person's role or relationship and their name if it helps you focus or recall when you revisit the form at a later date.

References

- Antony, M. M., & Swinson, R. P. (2009). *When perfect isn't good enough: Strategies for coping with perfectionism*. Oakland, CA: New Harbinger Publications.
- Stoeber, J. (2018). *The psychology of perfectionism: Theory, research, applications*. London: Routledge, Taylor & Francis Group.

Dr. Jeremy Sutton