

Activity: Perfectionism

Theme: Health and Wellbeing

According to the Webster Dictionary, *Perfectionism* is defined as a meticulous pursuit to reach excellence. Perfectionists display all or nothing, thinking that they will only be happy with the ideal 'perfect'. Being 'almost perfect' is not good enough. Perfectionists often have low self-esteem and are dissatisfied with their own performance. They focus on imperfections and have trouble seeing anything else. They're more judgmental and hard on themselves and on others when 'failure' does occur. Perfectionists often have a fear of failure and because of this may also procrastinate. In the *Dance Academy* TV series, the characters Abigail and Tara are portrayed as perfectionists.

1. As a class, view the clip, *Perfect*, and ask students what they say to themselves, and perhaps others, when they want to achieve a goal or 'aim high' and see good results without being undermined by negative feelings. List these comments on the board.
2. Ask students to list experiences they have had where they didn't succeed in what they aimed for. Discuss how this made them feel. Also, ask them to share what others said to them to bolster their spirits.
3. Ask students to develop a short speech that positively encourages a sibling or friend to aim high, set goals and work toward achieving what they want. In the speech, they should provide advice about what to do if that achievement is not attained.
4. Select students to deliver their speech to the rest of the class. Have class members provide constructive feedback on the speeches.
5. As a class review the **Student Activity Sheet E6.9: Self-Talk Table**, and have students fill in positive self-talk alternatives.

Download

- Student Activity Sheet E6.9: Self-Talk Table

Useful resources:

- [Perfectionism Test](#)
- [Perfectionism: the road to failure](#)
- [Helping our children let go of perfectionism](#)
- [Perfectionism and the Gifted, A Study of an Australian school sample](#)
- [Positive Self-talk Examples](#)



NAME:

Student Activity Sheet: E6.9 Episode 6: Perfection
Activity: Perfectionism Clip: Perfect

Self-Talk Table

Fill in the following table with examples of negative and positive 'self-talk' that you might use in these situations. Obviously the positive self-talk is much more beneficial to use in real life!

Situation	Negative Self-Talk Example	Positive Self-Talk Example
Your best friend starts talking to the boy/girl you like.		
You fall over in front of people.		
You get a bad grade.		
Some kids pick on your appearance.		
You want to ask someone on a date.		

You are coming third in a race.		
You are going for your first job interview.		
You are trying a new, hard dance step.		