

Perfectionism Is a Pathology, Not a Character Strength

August 25, 2022

We all know perfectionism as a quality we're meant to be proud of, especially in professional settings. Society frames the drive to be perfect as a sign of a competent and ambitious individual. The word is synonymous with excellence.

But emerging research in psychological science suggests that we pay a high price for our pursuit of perfection. Here are three ways perfectionism leaves us and our minds susceptible to psychological damage.

...