

Perfectionism

Setting a Workable Standard for One Task

Adults and teens 13+ | 10 to 15 minutes

Care and high standards can serve important goals. Problems arise when a task expands beyond its purpose or mistakes feel unacceptable at any cost. This page helps you define one task's actual requirements without asking you to neglect safety, accessibility, or professional responsibilities.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Identify the real requirements

Name the audience, purpose, deadline, and consequences of errors. Separate necessary quality checks from changes that only briefly reduce discomfort. A medical or safety-critical task may require established procedures rather than a personal stopping rule.

Plan completion and review

Choose a reasonable time or completion boundary, and ask for clarification if expectations are unclear. Afterward, evaluate whether the work met its purpose rather than using your discomfort as the only measure.

1. What is the task's purpose, and which requirements genuinely matter?**2. What extra checking or polishing adds little useful value?****3. What completion boundary or clarification request fits the actual stakes?****4. How will you judge whether the task served its purpose after you finish?****Clinical use and adaptation**

Assess OCD, eating-disorder concerns, workplace demands, and punitive environments when relevant. Do not recommend dropping required safety checks. Avoid turning a "good enough" rule into another rigid standard or dismissing legitimate access and quality needs.