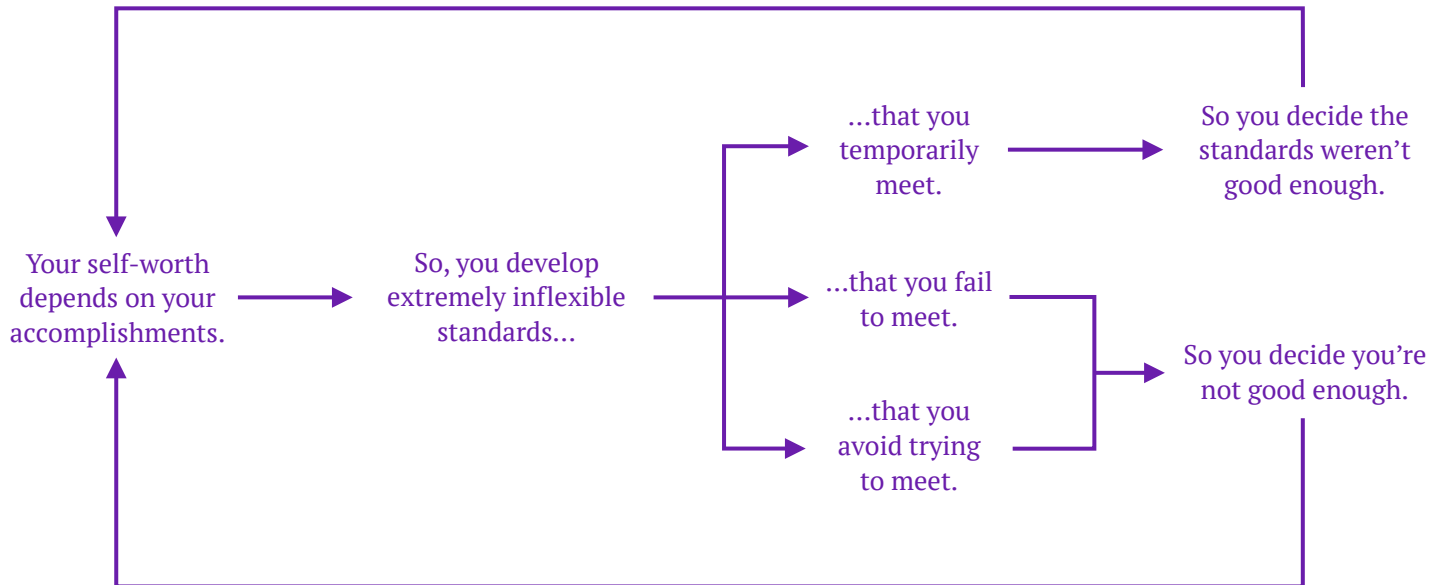


Perfectionism

As we envision our goals with more and more details, the closer the finished outcome will be to realize our purpose. The actual end state, however, may very well lack some of the details we had hoped for, even though it still meets the end for which it was intended. When this happens, disappointment can set in because the finished result isn't "perfect".

Unfortunately, this can create a vicious cycle that hurts how you see yourself and devalues the contributions others have made on your behalf (Shafran et al, 2010).



Describe an outcome that disappointed you.		What in particular caused the disappointment?
What are the advantages to this particular outcome?	What are the disadvantages to this particular outcome?	Why was this particular outcome so important to you?
Who have you nevertheless helped with this disappointing outcome?		How has this disappointing outcome nevertheless added value?