



# The Perfectionism Workbook for Teens: Activities to Help You Reduce Anxiety and Get Things Done

*Ann Marie Dobosz*

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**Unhealthy perfectionism can result in low self-esteem, severe anxiety, and self-destructive behavior—and teens are especially vulnerable. Based in proven-effective cognitive behavioral therapy (CBT), this workbook will help you develop the self-compassion and mindfulness tools you need to counteract the negative effects of perfectionism and develop new, healthy skills for boosting your self-confidence.**

In our high-pressure society, it's easy to hold ourselves (and others) to impossibly high standards. And when we fail to meet those standards—as we inevitably do—we may become overly critical of ourselves, or lash out toward others. While perfectionism is often associated with positive traits, such as conscientiousness, ambition, and pride in good work, dysfunctional perfectionism is destructive and can lead to anxiety, low self-esteem, relationship problems, and a number of mental health concerns, like depression, procrastination, and self-harm.

With *The Perfectionism Workbook for Teens*, you'll gain a clear understanding of what perfectionism is and learn to differentiate between healthy and unhealthy perfectionism so you'll be better able to manage your own and others' expectations. Using powerful tools drawn from cognitive behavioral and mindfulness-based therapies, you'll learn to identify your perfectionist thoughts, discover new ways of responding to your critical inner voice, and build the skills you need to combat negative behaviors based in perfectionism, like chronic procrastination.

If perfectionism is causing trouble in your life, the techniques and exercises in this book will help you develop non-perfectionist skills and habits, leading to reduced fear, anxiety, and shame, and increased self-compassion and confidence in getting things done and handling daily pressures.

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Date : Published October 1st 2016 by Instant Help (first published September 1st 2016)

ISBN : 9781626254541

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Format : Paperback 200 pages

Genre :



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### **Lisa says**

Thoughtful, compassionate, and full of great advice, exercises, and insights. I wish this book had been around when I was younger; I suspect that if I'd done its mindfulness exercises at 15, I'd have been a lot more grounded and equanimous for the next 15 years of my life. I would wholeheartedly recommend the workbook to any young person struggling with perfectionism and all the struggles it brings. And adults too--though the examples no longer resonate with my current life, the activities are surely valuable at any age.

(I know I'd appreciate this book regardless, but, full disclosure: the author is a friend.)

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