

PERFECTIONISM



Perfectionism – A Hidden Epidemic

Perfectionism is a world-wide epidemic, contributing to an endless supply of anxiety and thus array of unwanted and ill behaviour patterns.

At FABIC we call perfectionism a ‘hidden disorder’ as it seems to affect the quality of life for many ... and not always in an obvious way.

People may experience symptoms such as:

- Anxiety about approaching new parts of life (new tasks, people, places, etc.)
- Withdrawal from parts of life when something is perceived as too hard
- Anger and frustration when others don't meet the projected perfect picture
- Depression when life is not as it was expected to be
- Refusal to try something new

- Stress when thinking about the inability to do something
- Meltdowns when losing
- Angst when one's image is not perfect
- Fear of rejection and thus thinking we are only accepted when we do things perfectly
- Unwanted emotions when any part of life does not meet the perfect picture – whatever that projected picture of life may be

As we embrace a new year and a new classroom of life, we all will experience many aspects of life that don't meet our picture of perfectionism ... but do we respond (stay at code blue) or react (go to codes green, yellow, orange and/or red)?

Included in this newsletter is a list of resources (some free) that can support with perfectionism when experienced by yourself and/or any other person.

Fabric practitioners are trained in assisting with the symptoms of perfectionism through a whole range of clinical services: [contact our team](#) for more information.

In the meantime, check out the online resources available to support with perfectionism and share them with others who may be interested in finding out more about this scourge. Read our free blogs, watch our free YouTube channel, listen to our free audios and have a look at our perfectionism themed products that can be added to your tool box to assist you and/or others to no longer allow perfectionism to impact on daily life.

- [Fabric.TV](#) episodes
 - Perfectionism – A Hidden Epidemic Impacting Our Quality of Life [link](#)
 - The Harming Cycle of Seeking Feedback [link](#)
 - Behaviour Is Not WHO You Are – It Is WHAT You Do [link](#)
 - Whoops Is One of My Favourite Words [link](#)
- Free blogs discussing perfectionism from different angles
- Free YouTube clips touching on perfectionism
- Free audio on perfectionism

- Fabric products targeting perfectionism
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Perfectionism – a Hidden Epidemic Affecting Our Quality of Life (Fobic.tv)

This 1hr 18min episode will support the viewer to bring understanding to the topic of perfectionism, a behaviour that Senior Behaviour Specialist Tanya Curtis calls a hidden epidemic impacting most if not all people.

This video supports all to become aware of how perfectionism impacts the quality of life for you, your family, your friends, your colleagues and all else you spend time with – can we support them and how?

[Go to Video](#)



The Harming Cycle of Seeking Feedback (Fabic.tv)

Have you ever sought feedback from another person ... wanted someone to like you, wanted recognition for something you have said or done? Have you ever received feedback that was not in line with what you were hoping for? And how did that feel ... devastating or similar?

Senior Behaviour Specialist and FABIC founder Tanya Curtis presents on the science of understanding how the cycle of seeking feedback based on what we do is very harmful to our own well-being and the well-being of all others.

[Go to Video](#)



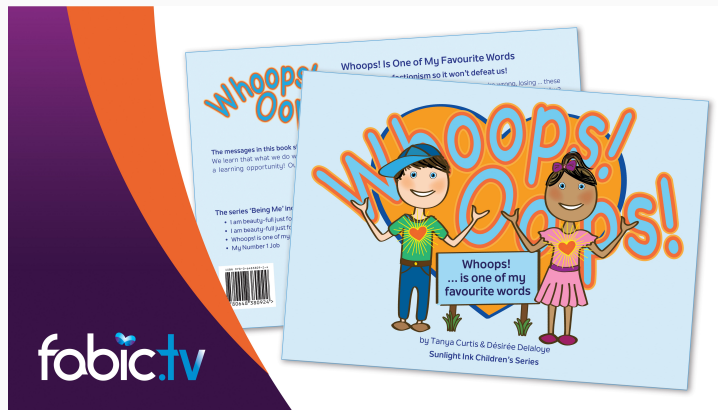
Behaviour Is Not WHO You Are – It Is WHAT You Do (Fabic.tv)

It is an all too common occurrence in the world today that we as a society tend to identify people by their behaviours and by what they do, and in that we lose sight of the awesome amazing lovable being at the core of every person.

This presentation offers the importance of building foundations of knowing people by the awesome, amazing lovable being they innately are, while bringing understanding to the message that:

Sometimes what people do is thumbs up, and sometimes what people do is thumbs down, but at the core of every single person is ALWAYS an awesome amazing lovable being.

[Go to Video](#)



Book 3 – Whoops Is One of My Favourite Words (Fobic.tv)

Tanya Curtis reads the messages in the book [Whoops! ... Is One of My Favourite Words](#) as each page is illustrated on screen for the viewer.

Whoops! Is One of My Favourite Words ... defeating perfectionism so it won't defeat us!

The messages in this book share with children of all ages (0 to 100+) that we are all already perfect just for being us. We learn that what we do will sometimes be perfect and sometimes not – and that every mistake we make is simply a learning opportunity! Our doing might not always be perfect, but OUR BEING WILL ALWAYS BE PERFECT.

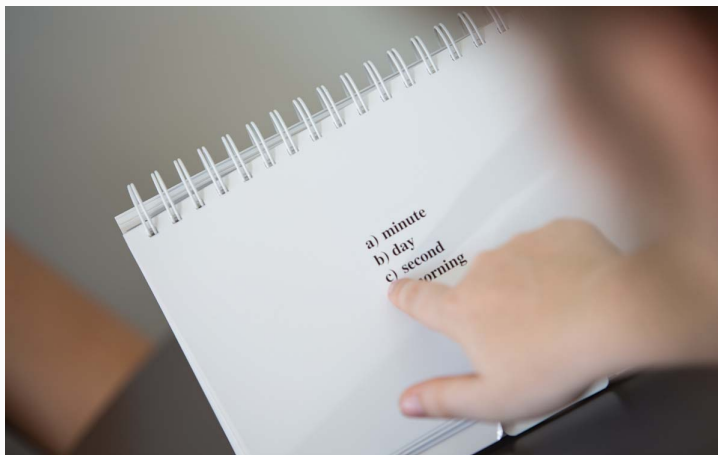
[Go to Video](#)



Fabric Blogs on Perfectionism

Perfectionism is a condition that affects almost everyone in society. It is the need to be perfect and get everything 'right'. This can create enormous levels of anxiety, stress and tension which can lead to numerous health and social issues.

In these blogs we explore the impacts of perfectionism, including the key signs and how we can assist those who are experiencing it.



Perfectionism – is it debilitating my child?

What is perfectionism? Is it affecting you and your child? Senior Behaviour Specialist Tanya Curtis takes a closer look and reveals how harmful perfectionism really is.

[Read](#)



Perfectionism and Behaviour Issues in Schools

What is perfectionism in the school setting? Is it affecting you and your child? Senior Behaviour Specialist Tanya Curtis explores the topic in greater detail.

[Read](#)



Perfectionism – The Hidden Epidemic

Is perfectionism affecting your child? Do you know its tell-tale signs? Senior Behaviour Specialist Tanya Curtis gives us the low down.

[Read](#)



How to Support People with Perfectionism and Issues with Winning and Losing

Tanya Curtis shares how the Body Life Skills program can support those who are affected by perfectionism and issues with winning and losing.

[Read](#)

[View Blogs](#)



Free YouTube Clips – Discussing Perfectionism

Fabic offers a wide range of free videos, including a few related to perfectionism that are available on YouTube for viewing anywhere and at any time.



Freeing Yourself from Perfectionism

Perfectionism is crippling and does not allow us to be who we naturally are; it is not a healthy way to live. Presented here is an example of what it can be like to overcome perfectionism through the Body Life Skills program.

Watch

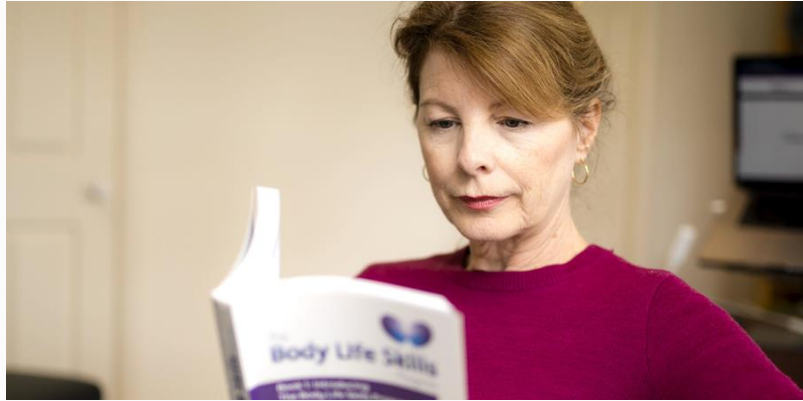


Behaviour Is Not the Focus ... Identifying the Reason Why Is Essential

It is important never to make the behaviour the focus. As Fabic Senior Behaviour Specialist Tanya Curtis explains, behaviours may not always be ok, however, it is the reason why a particular behaviour is chosen that we need to focus on.

Watch

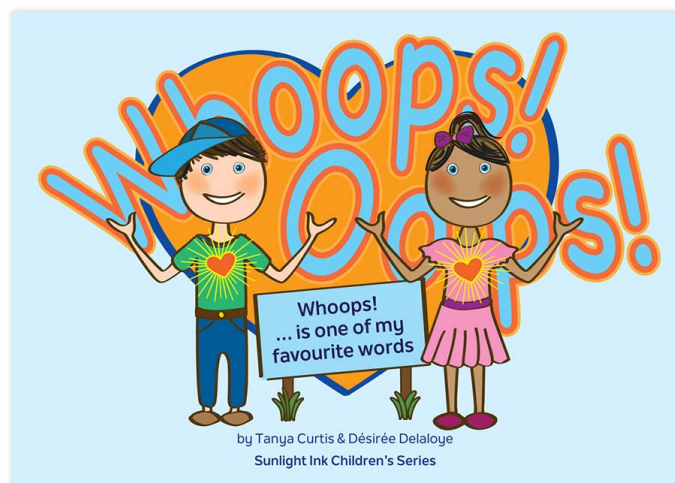
View Videos



Fabic Products to Support with Perfectionism

Fabic has a wide variety of products specifically designed to assist in supporting with the anxiety that can be triggered when expectations are not met – which is exactly what perfectionism is based on.

From books and CDs to posters and audio recordings, a lot of Fabic products are available to support anyone of any age dealing with perfectionism.



Whoops! ... Is One of My Favourite Words
(Picture Book)

Defeating perfectionism so it won't defeat us!
Making mistakes, being corrected, being told
you're wrong, losing ... these are common triggers
for increased anxiety and unwanted behaviour.
Why? Simply because we forget we are 'human
beings' and not 'human doings'.

**The messages in this book share that we are all
already perfect just for being us.**

[View & Buy](#)



Whoops!... What Can We Learn Here? (Poster)

This poster from Sunlight Ink is designed to support people of all ages to defeat the pressures of perfectionism by embracing the power of the word 'whoops'.

It reminds us that making mistakes or being corrected is a great opportunity for all to learn and grow.

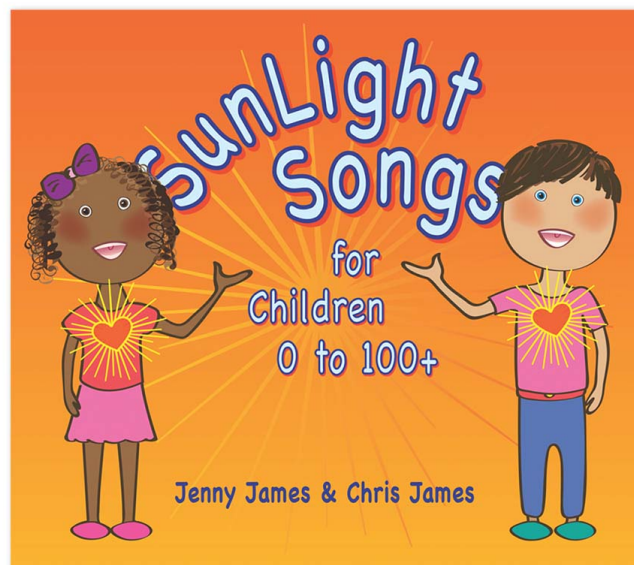
[View & Buy](#)



Practising and Making Mistakes

This chart highlights the natural consequences that occur (i.e. learning new skills) when we are willing to practise and make mistakes.

[View & Buy](#)



SunLight Songs – Volume 1 (CD)

Light, engaging and easy to sing, these songs support people of all ages to express with ease and know how beautiful they are. One of them is called 'Whoops!', one of our favourite words, and it brings a fun and light-hearted approach to embracing making mistakes.

[View & Buy](#)

[View All Products](#)



Fabic Audio on Perfectionism

Listen in your car or while walking or cooking to this audio presented by Senior Behaviour Specialist Tanya Curtis as she shares how the Body Life Skills program that supports true and lasting behaviour change can be applied to children and adults whose lives are affected by perfectionism and issues with winning and losing.

[Listen to Audio](#)



Here to support,

Your Fobic Team



[Fobic Study](#)



[Fobic TV](#)



[Fabic Publishing](#)

The Body Life Skills Program

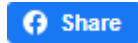
[Body Life Skills Program](#)



[Clinical Services](#)



[Fabic YouTube](#)



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