

## Recovering from Perfectionism

*A reflection on loosening the grip of perfectionism—finding peace in being human, allowing space for growth, and learning that wholeness matters more than flawlessness*

Perfectionism can look like high standards, a strong work ethic, or attention to detail—qualities often admired and rewarded. But beneath the surface, it can carry an emotional weight that quietly shapes how we see ourselves and how we move through the world.

For many, perfectionism grows out of a deep wish to be safe, accepted, or valued. It can show up as overthinking, people-pleasing, or a constant inner critic that never seems satisfied. Even when things go well, there's often the thought: *"I could have done better."*

The truth is that perfectionism doesn't protect us from disappointment—it often creates it. The more we strive for flawless performance or total control, the further we drift from the sense of ease and authenticity we truly want.

Recovery begins with awareness. When we start to notice our perfectionistic patterns with curiosity instead of judgment, we create space for something new to emerge. It might be allowing a mistake to exist without spiraling into self-blame. It might be choosing to rest instead of relentless effort. Or it might be learning to celebrate progress, not just outcomes.

In coaching, we explore what drives the need to be perfect—and what it's costing you. Together, we work toward self-compassion, emotional resilience, and a more flexible definition of success. The goal isn't to stop caring or to lower your standards, but to live from a place of balance and self-trust rather than pressure and fear.

Perfectionism recovery is really a process of returning to your humanity — learning to accept yourself fully, flaws and all, and realizing that your worth has never depended on doing everything "just right."

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