

Handouts to accompany

*Perfectionism:*

*What's It Costing Our Kids?*

by Dr. Jane Bluestein

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Thank you for your consideration, and for spreading the word.

# Agenda:

- ❑ Distinguish between perfectionism and the pursuit of excellence
- ❑ Identify cultural, social, and family influences that encourage the development of perfectionistic beliefs and behaviors
- ❑ Examine the impact of perfectionism on our belief systems, our sense of worth, our physical and mental health, and our relationships
- ❑ Look at ways to “get real” and “get well,” including strategies for:
  - living with imperfection
  - being our best selves
  - developing psychological strength
  - connecting with others in healthy ways
  - moving forward in body and mind

## My premise:

There is no such thing as “good perfectionism.” Perfectionism is a pathological adaptation to the fear of abandonment, rejection, or exclusion. This fear can apply to our family of origin, peer group, work environment, or society in general, and may be driven by the need for physical, emotional, social, or financial survival.

Based on the material presented in *The Perfection Deception* by Dr. Jane Bluestein (Deerfield Beach, FL: Health Communications, 2015).

# Perfectionism vs. Healthy Pursuit of Excellence

by Dr. Miriam Adderholdt

The following information was excerpted from *Perfectionism: What's Bad About Being Too Good?* by Dr. Miriam Renée Adderholdt and reprinted with her permission.

Perfectionists reach for impossible goals.

Pursuers of Excellence enjoy meeting high standards that are within reach.

Perfectionists value themselves by what they do.

Pursuers of Excellence value themselves by who they are.

Perfectionists get depressed and give up.

Pursuers of Excellence may experience disappointment, but keep going.

Perfectionists are devastated by failure

Pursuers of Excellence learn from failure.

Perfectionists remember mistakes and dwell on them.

Pursuers of Excellence correct mistakes, then learn from them.

Perfectionists can only live with being number one.

Pursuers of Excellence are happy with being number two if they know they have tried their hardest.

Perfectionists hate criticism.

Pursuers of Excellence welcome criticism.

Perfectionists have to win to keep high self-esteem.

Pursuers of Excellence finish second and will still have a good self-image.

Reference cited: Dr. Kevin Leman, *The Birth Order Book* (Old Tappan, NJ: Fleming H. Revell Co, 1985), p. 70.

## Excellence

Perfection is being right. Excellence is being willing to be wrong.

Perfection is fear. Excellence is taking a risk.

Perfection is anger and frustration. Excellence is powerful.

Perfection is control. Excellence is spontaneous.

Perfection is judgement. Excellence is accepting.

Perfection is taking. Excellence is giving.

Perfection is doubt. Excellence is confidence.

Perfection is pressure. Excellence is natural.

Perfection is the destination. Excellence is the journey.

—Anonymous

(Submitted for my Web site by Dr. Miriam Renée Adderholdt)

## How can perfectionism contribute to behavior problems?

# Continuum of Effort and Commitment

by Jane Bluestein, Ph.D.

## **Mastery**

Competent. Likely to be striving for continual growth in that area or related areas, OR ready to move on to the next challenge

## **Sticking with it**

Efforts to complete task even with mistakes or rough-draft outcomes with a commitment to keep at it, gain skill, achieve mastery

## **Willing to try**

Efforts to complete task, satisfied with adequate achievement for short-term outcome (grade, token, privilege)

## **Easily discouraged**

Tries but gives up at first setback, often before having had a chance to experience success or progress

## **Learned helplessness**

Willing to make an effort but only with a great deal of support and attention; sense of being incapable (real or imagined)

## **Too afraid to try**

Afraid of making a mistake, looking foolish, being embarrassed.  
(May be related to sensory issues: touch, noise, etc.)

## **Indifference**

Can reflect lack of interest or awareness.

May also reflect sense of entitlement or power struggle (need to win, indifference to negative outcomes of refusal to participate or do the work).

OR may be defensive, related to fear: Better to look bad than dumb.

Note: Perfectionism may be an issue in several of these categories. I'm also thinking of instances of recklessness, over-confidence, or even a sense of delusion; refusing to accept honest, helpful feedback. I also believe that we all have experiences along the entire continuum. Ideas welcome.

*For those of us who live or work with children, how do we help them move toward mastery?*

*What do we need to have in place (resources, climate, relationships, instruction, sensory accommodations, environment, etc.) to create a passion for*

*learning and growth, or at least to overcome indifference, fear, and discouragement?*

# Perfectionism: Who's at Risk?

by Dr. Jane Bluestein

## Born that way?

“...in every resource where inborn factors were mentioned, there was also an acknowledgement of the impact of environment and experiences in and outside of the home. Nowhere was there a suggestion that perfectionists are wholly at the mercy of their genetic makeup. This is a good thing. Because although we may not have much control over an innate biological design that predisposes people toward certain perfectionistic traits, being able to recognize cultural traditions, personal behaviors, and interaction patterns that foster these pathological tendencies gives us a good bit of control of our ability to diminish those factors that would otherwise “escalate into a lifetime pattern of perfectionism.” (page 29)\*

## Risk factors have greatest impact on children who

- Feel *conditionally* valued, connected, visible, or secure in the family or at school, depending on their behavior, appearance, achievement, or status they have to offer others, and who attempt to secure attachment through perfection.
- Get approval from others based on their ability to please—or not elicit negative reactions like rejection, disapproval, anger, impatience, or contempt.
- Have adults in their lives who depend on the kids for their sense of completion or adequacy. (“Make me look good.” “Don’t embarrass me.”) Poor boundaries.
- Have “perfect parents” or high-achieving older siblings they’ll never be “as good as.”
- Have significant adults who have little patience for mistakes (self or others) *or* who are afraid to let children experience discomfort or failure (overprotective).
- Are held accountable for adults’ feelings or behaviors. (“I feel so sad when you get bad grades.” “I’m happy when you clean your room.”)
- Frequently receive feedback and messages that associate them with labels—good *or* bad!
- Are exposed to numerous media messages about value and worth, either directly or via messages expressed by family members or peers. (“I wish I had her figure.” “You can’t go out like *that*.” “I only date ‘10s’.” “*Her* son got into Stanford.”)
- Have internalized media messages as values and standards to which they believe they must aspire (and achieve!) in order to be valued, included, or loved.

## What does “good enough” look like?

## How many of us see “good enough” as being beyond our reach?

\*Quote from *The Perfection Deception* by Dr. Jane Bluestein. (Deerfield Beach, FL: Health Communications, Inc., 2015), 29. This excerpt includes quotes from Melinda Beck, “Inside the Minds of the Perfectionists” and Ann Smith, “The Never Enough Syndrome.”

# Cultural Traditions that can Contribute to Perfectionism (and other bad stuff)\*

Harmful (Familiar)	Healthier Alternative
<p><b>Impression management:</b> pressure to look good; people pleasing; shape-shifting to get others' approval; cover up mistakes (shame)</p> <p><b>Oversimplification:</b> black-and-white thinking; one right way to do things; judgment; simplistic; prone to extremes; need for certainty</p> <p><b>Scarcity thinking:</b> competitiveness; win-lose; resistance to change; fear of losing or loss, "not enough;" only one winner; hoarding resources</p> <p><b>Negativity:</b> focus on flaws, lack, what's not done, what's not done right; pessimism; despair; "never good enough," inner critic: loud and clear; fear</p> <p><b>Product orientation:</b> focus on outcome; learning to know, finish, check something off list; resistance to refining, going back to improve something once it's done; orientation: future, past</p> <p><b>Conformity:</b> limited, rigid set of rules and tolerances; fear of rejection; acceptance of restrictions; willing to self-abandon if necessary</p>	<p><b>Authenticity:</b> safety to be self; tolerance for disapproval from others; accountability; accepts mistakes as part of the process (separate from value of self)</p> <p><b>Complexity and paradox:</b> ability to see shades of gray, multiple ways to do or see things; can tolerate differences, dimensionality, ambiguity</p> <p><b>Abundance thinking:</b> cooperative; synergistic; win-win; "plenty for everybody;" creative use of resources; multiple winners (and ways to "win")</p> <p><b>Positivity:</b> focus on accomplishments, what's done, what's done right; optimism; "good enough for now;" inner critic: present but not in charge (can override, acknowledge, ignore); gratitude</p> <p><b>Process orientation:</b> focus on experience; learning to learn, grow; persistence, willingness to go back and correct errors, refine product; orientation: present time</p> <p><b>Creativity:</b> flexibility; open to challenge status quo; resistance to restrictions; loss of self is more threatening than rejection</p>

*The Perfection Deception* by Dr. Jane Bluestein. (Deerfield Beach, FL: Health Communications, Inc., 2015), 55. Adapted from a chart in *Creating Emotionally Safe Schools* by Jane Bluestein, Ph.D. (Deerfield Beach, FL: Health Communications, Inc., 2001). These are the primary dysfunctional or harmful traditions that increase the likelihood of perfectionism. Other traditions mentioned in the original source, including reactivity (vs. proactivity) and win-lose power dynamics (vs. win-win interactions), seem to have less influence in this instance.

# The Problem with Perfect

by Dr. Jane Bluestein

Negative outcomes that can be associated with perfectionism:

- Internalized beliefs and identity built on feedback and messages about who we are and who we *should* be (reality distortion).
- A misplaced sense of responsibility for the well-being of others.
- A tendency to place others' needs ahead of our own in the belief that doing so is necessary to secure attachment, inclusion, or belonging (avoid abandonment or rejection).
- Decisions based on a fear of hurting, disappointing, or upsetting others, often without consideration of personal needs or priorities, or potential negative consequences to self.
- Loss of authenticity, sense of self.
- “Stinking thinking:” cognitive distortions or irrational thoughts that “[make] you believe you will fail, that bad things will happen to you, or that you are not a very good person.” (Definition posted on the Cambridge Dictionary website.) Can include contradictions, generalizations, and rigidity in thinking.
- Behavioral outcomes such as overcommitting and overdoing, underachieving and paralysis, physical and mental disorders, and failed relationships.
- Inclination toward all-or-nothing thinking. (Imperfection equals worthlessness.)
- A tendency to jump to a negative conclusion, make generalizations (assigning a distorted “always” or “never” status to mistakes, failure, or negative experiences). May also include worrying, catastrophizing, assuming what others are thinking, and over-predict negative outcomes.
- Negativity, focus on flaws. “Critic’s math:” 1 insult + 1000 compliments = 1 insult.
- Telescopic thinking: Magnifying unmet goals or mistakes, minimizing or dismissing achievements and accomplishments.
- Regrets, ruminating on a negative or embarrassing event. Difficulty staying in present time.
- Comparing self to others, participating in an imaginary competition, usually coming up short. (May also include a temporary rush we get from fixating on someone we consider inferior.)
- Imposter syndrome, sense of phoniness regardless of achievements or accomplishments, waiting to be “found out.”
- Emotional reasoning: “Perfection and achievement will win us approval and acceptance.”
- Feelings of overwhelm, often from setting the bar higher than is reasonable or necessary. Difficulty saying no.
- Self-sabotage, second-guessing decisions, avoiding situations that trigger the need to be perfect.
- Difficulty completing a task (trying to get it just right). Hyper-focus on detail, endless revisions. OR procrastination and paralysis (fear that prevents starting or undertaking a challenging task).

- Sense of shame or self-loathing. Inner critic that confuses our actions with our worth.
- Difficulty maintaining healthy, caring, respectful relationships. Boundary issues. Intimacy avoidance (fear of being real, authentic, flawed).
- Mistrust of others' abilities, need to "do it myself." Difficulty delegating. "One right way..."
- Disappointment in others, often from unexpressed expectations. "Fantasy ideals" for others.
- Need to be right (at the expense of others being wrong). Need for others to show remorse.
- Defensiveness in response to criticism (fear of being seen as imperfect.)
- Alienating others (with criticism, nagging, sarcasm, re-doing their work, imposing unreasonable standards, shaming, or expressing contempt).
- Development of "psychic holes," seeking fulfillment from outside ourselves (seeking popularity, positive feedback, a sense of importance to others, or acquisition of things, for example.)
- Anxiety or "phobic nervousness" about contact with our "true Nature."
- Reliance on deception or "masks" to cope with feelings of emptiness and fear, or as an attempt to cover up those feelings.
- Stress and anxiety, dread of "falling short." Difficulty gauging when tasks are sufficiently complete. Fatigue and exhaustion.
- Stuffed feelings, fear of social consequences of our emotional authenticity.

*"Following the rules and doing what's expected can buy us belonging and safety, but this can come at a high price. We pick on the new kid to be accepted by the popular crowd or laugh at a derogatory joke to fit in with office associates, even though at some level we are squirming in discomfort at our internal hypocrisy. Denying the best parts of ourselves to please others creates a perfect breeding ground for resentment, depression, and self-doubt. And sacrificing our integrity and the essence of who we are to accommodate someone else's ideas about what is acceptable, desirable, or cool is perfectionism at its most soul-killing."*  
(page 140)

- Potential for a serious mental health crisis.
- Body-image and food issues. Eating disorders, use of amphetamines, addiction (often associated with satisfying a need for power and control in our lives).
- Workaholism, being constantly busy (possibly associated with avoidance of feelings).
- Numbing and self-harm, cutting (often an outlet for deep distress and emotional pain).  
Suicide.

Please note that perfectionism can look very different from one person to another, but is likely to include some (or many) of the patterns listed above. All of the items in this list were mentioned frequently in the literature as well as in interviews and conversations with *individual* contributors to the book.

*The Perfection Deception* by Dr. Jane Bluestein. (Deerfield Beach, FL: Health Communications, Inc., 2015)

# Stress-Producing Obstacles in Relationships

by Dr. Jane Bluestein

- Needing to be in charge or in control, especially when doing so depends on disempowering or controlling others, or when it disregards other people's desire for control and autonomy.
- Needing to be right, when it depends on others being wrong, when it requires making others wrong, or when it insists that others agree or support our views and actions.
- Needing to be needed or feel important, when it requires the dependence of others.
- Needing for someone else to exhibit certain behaviors, appearance, values, preferences, or abilities in order to feel worthy or adequate (or successful as a parent, spouse, or leader, for example).
- Expectations, especially when our preferences or desires are not communicated or agreed to beforehand. Having an agenda for how another person should be or behave: "I expected you to be home by now," "If you really loved me, you would have called," "I can't believe you didn't get me a card."
- Being arrogant, self-righteous, or disappointed because of unfulfilled (and often unexpressed) expectations.
- Assuming that others operate with our priorities and values: "How can you spend so much time at the mall (or watching football)?"
- Assuming that someone will think, feel, act, or react in a certain way: "I didn't want to bother you," "I was afraid you'd be hurt." Thinking for another person.
- All-or-nothing thinking. A tendency to think in terms of opposite extremes. An inability to see multiple options or other points of view.
- Fear of conflict, rejection, or abandonment. Compromising personal values or standards, making decisions based on someone else's reaction or possible reaction.
- Denying that a problem exists or making excuses for someone else's unacceptable behavior.
- Reactivity. Overreacting.
- Victim thinking. The perception of having no power to change situations.
- Abdicating personal responsibility. Being afraid or unwilling to let people know what we want.
- Blaming: "If you would shape up, there wouldn't be a problem."
- Criticizing, shaming, ridiculing, judging, or attacking. Focusing on the negative (especially in someone else's behavior, choices, preferences, or values).
- Asking others to defend or explain their behavior rather than asking for what we want: "Why did you borrow my sweater without asking me first?" instead of "I want you to ask before you borrow my things."
- Assuming that others are committed to an agreement. Not asking for agreement.
- Lack of consideration for others. Focusing on our own needs to exclusion of others' needs. Failing to respect another person's boundaries, privacy, or time.
- Focusing on another person's needs to exclusion of our own. Discounting or dismissing our needs in favor of someone else's (when doing so will have a negative or harmful outcome). Self-sacrifice.
- Resistance to being conscious and present in the relationship.
- Resistance to personal change: "I've always felt that way," "This is just the way I am."

Adapted from *Parents, Teens and Boundaries: How to Draw the Line* by Dr. Jane Bluestein (Deerfield Beach, FL: Health Communications, Inc., 1993), 96-99. Complete list in *The Perfection Deception*, 131-133.

# Getting Real, Getting Well

by Dr. Jane Bluestein

*“I guess I’m a bit suspicious about the idea that a perfectionist can just stop being one. I applaud anyone who’s managed to pull that off, but for me, the process is ongoing, and on behalf of anyone in a similar position, shooting for imperfect progress might be a more reasonable goal.” (page 162)*

## Consider this:

- My perspective (again): There is no such thing as “good perfectionism.” Perfectionism is a pathological adaptation to the fear of abandonment, rejection, or exclusion. This fear can apply to our family of origin, peer group, work environment, or society in general, and may be associated with physical, emotional, social, or financial survival.
- “Identifying perfectionism can be especially tricky because in so many ways it resembles a positive, healthy pursuit of excellence.” (page 167) The acid test generally refers to how we’re feeling. If we’re learning and having fun with whatever mess we’re making, it’s probably a pretty healthy venture. If we’re stressed, anxious, worried about what others may think, and keep doing it over (or putting it off), we have probably crossed the line.
- There is no quick fix for perfectionism. The goal is to find ways to quit having it run our lives.
- People with perfectionistic tendencies can change their belief systems and behavior patterns, however deep-seated fears may persist. Sometimes getting whole requires falling apart.
- Standing up to the Inner Critic is incredibly liberating. Allowing the death of our ego’s perception of who we are can provoke uncertainty, hopelessness, fear, and depression. This is rarely an easy journey and will most likely require the assistance and support of a caring professional.
- Different strategies will be effective with different people, or at different times in the healing journey.
- Stay open to different approaches. Even small changes can trigger big shifts.

## Potential healing strategies:

- Pay attention to the need for approval and the degree to which we are willing to shape-shift either for the benefit of others or to protect ourselves in some way.
- Examine the “deception.” Which parts of yourself do you hide, suppress, or deny?
- Acknowledge and celebrate accomplishments. Make peace with being kind of awesome.
- Redefine your idea of *perfect*. Sort out cultural ideals from what is authentic for you.
- The airlines tell us to put our own oxygen masks on first for a reason. Make yourself a priority.
- Self-care requires a belief in our right to happiness and peace of mind.
- Stop comparing yourself—*with anyone*. Reflect on your own growth and progress.
- Learn from failure. Be compassionate with yourself. (Self-loathing is not a healing modality.)
- Set achievable goals. Focus on personal needs rather than expectations of others.
- Learn to say no (or not now, or not yet) when necessary.
- Pay attention to how your choices affect you—physically, emotionally, and psychologically.
- Consider the philosophy of *kaizen*: honoring small improvements and tiny, positive shifts.
- Embrace creativity and the messiness of trial and error.
- Watch your response to disapproval and discouragement. There will always be people who don’t understand your passion, get who you are, or like you. Know that that’s OK.

- Look for useful data in even harsh criticism. Try not to personalize negative feedback.
- Attempt to stay grounded in present time. Make peace with the past. Focus on what's on your plate right now, what you can control.
- Keep moving forward, whether or not you can see the results of your efforts at the moment.
- Make gratitude a part of your daily practice, focusing on what's going right and getting better.
- Our relationships with others is only as healthy as our relationship with ourself.
- Respect other people's need for autonomy, success, and dignity.
- Practice win-win: "How can we both get what we want?"
- Watch out for resentment, self-righteousness, and feelings of helplessness or victimization.
- Avoid connecting people's behaviors to your emotional well-being. (Stop using I-messages.)
- Learn to ask for what you want.
- Practice setting boundaries, letting others know how they can get what they want. Focus on the positive consequences of their cooperation.
- To whatever degree possible, minimize contact with negative, critical people who hold you back or bring you down. Seek those who will love you for who you are, and who will support and encourage the person you are becoming.
- Show kindness and appreciation for others. Be an encourager.
- Forgive yourself and others. Accept the reality of what actually occurred rather than ruminating over what should have happened. Grudges get pretty heavy to carry around. Let go.
- Remember that change is possible. Our brains are capable of reorganization as we build new brain cells and neural networks with changes in our behavior, environment, and thinking.
- Be willing to experience the discomfort of stripping away masks and patterns you developed long ago to protect yourself. There is magic on the other side of this healing process.
- Healing may require you to tolerate a good bit of anxiety and face up to the imperfections you've been trying to hide. Watch out for the tendency to numb out or self-medicate (using drugs, alcohol, food, work, sex, shopping, gaming, or TV, for example). Don't rely on familiar anesthetics to help you through the healing process.
- Reach out and get help. You don't need to go through these changes on your own, and there are others (individual professionals and groups) who can understand what you're feeling.
- There are dozens of therapeutic modalities. Find one that you trust and feels right for you.
- Watch out for people who try to cheer you up, distract you, or tell you how good you have it, especially when you're feeling vulnerable or are in emotional distress.
- Make time for quiet reflection. (You may have to put "Take a break" on your to-do list.)
- Consciously change verbal patterns from fixed mindset comments ("I can't do this.") to growth mindset ideas ("I'm struggling but I can improve with practice and help.").
- Consider integrating body work, energy work, and relaxation techniques (with or without traditional cognitive approaches) to balance thoughts and emotions.
- Move. Stretch. Take a walk. Meditate. Hydrate. Breathe. Spend some time in nature. Laugh.
- Keep a journal. Some people process well by writing down their thoughts.
- Deliberately try something new. Allow yourself to not already be great at something.
- Remember that you are so much more than your grades, your income, your thighs or abs, or how neat you keep your house or car.

"So can we please stop chasing perfection? It doesn't exist, won't last when we think we've found it, and will create all sorts of problems for us along the way. Help is available. Change is possible, as is self-acceptance and the kind of love that doesn't take away from who we are or came to be." (From *The Perfection Deception*, page 261.)

# Healthy vs. Unhealthy Friendships

by Dr. Jane Bluestein and Eric Katz, MSAC

Do you have friends who leave you feeling happy and uplifted? Or do you feel drained, agitated, angry, or resentful when you've spent time with certain people? Use the following list to compare and evaluate the friendships you have in your life:

Healthy friendships are not one-sided. Both people benefit from knowing each other.  
In unhealthy friendships, one person always seems to give a lot more than the other.

Healthy friendships are based on mutual respect.  
In unhealthy friendships, people ridicule one another, gossip or spread rumors,  
or act mean to one another.

Healthy friendships allow each other to grow and change.  
Unhealthy friendships are threatened when one person grows or changes.

Healthy friendships are not possessive.  
Unhealthy friendships are threatened by other people.  
Healthy friendships nourish you and add to your life.  
Unhealthy friendships leave you feeling empty and drained.

Healthy friendships accept you for who you are.  
Unhealthy friendships require you to act the way someone else wants you to be  
in order to be accepted.

Healthy friendships allow you to have your feelings.  
Unhealthy friendships only accept certain feelings.

Healthy friendships respect differences.  
Unhealthy friendships demand conformity.

Healthy friendships are safe and secure.  
In unhealthy friendships, trusts are broken, secrets are shared, and confidentiality is betrayed.

In healthy friendships, both people are committed to the friendship.  
In unhealthy friendships, only one is.

Healthy friendships are not about power or status. Unhealthy friendships look to take advantage of  
another person's social standing in order to improve their own.

Think of your friends and the people you know. Then go through the list above. Count the number of times you would put "Healthy" next to their names. Take a look at your role as a friend. In what ways are you a healthy friend? In what ways are you an unhealthy friend?

*Think about someone in your life who leaves an open space for you to be yourself. No one is more valuable. I would rather have a pillar of trust in my life than a pillar of strength.*

—Deepak Chopra

Excerpt adapted from *High School's Not Forever* by Jane Bluestein, Ph.D. and Eric Katz, M.S.A.C. (Deerfield Beach, FL: Health Communications, Inc., 2007), 63-64. Included in *The Perfection Deception* by Dr. Jane Bluestein (Deerfield Beach, FL: Health Communications, Inc., 2015), 231-232.

# About the Presenter

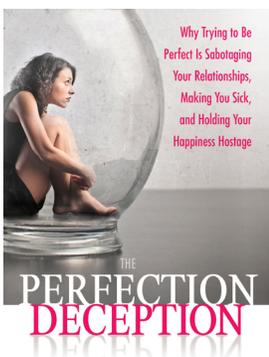


**Dr. Jane Bluestein** is an educator and expert in the field of win-win relationships and conflict prevention. She has worked with thousands of counselors, educators, and parents worldwide, sharing practical, effective strategies in the areas of motivation and behavior management, instruction and learning differences, supporting social and emotional growth in young people, and finding win-win approaches to issues with challenging children as well as adults. Her books include *Creating Emotionally Safe Schools*; *The Win-Win Classroom*; *Parents, Teens and Boundaries*; and *Magic, Miracles and Synchronicity: A Journal of Gratitude and Awareness*.

Since 2013, Bluestein's work has included the development of perfectionism and the impact this disorder can have on physical and mental health, relationships, the workplace, and the family. She is a dynamic and entertaining speaker who has presented to schools around the world, as well as employee and community organizations. Her latest presentation topic emphasizes the destructive nature of perfectionism and its alternatives.

Bluestein has appeared internationally as a speaker and talk-show guest, including several appearances as a guest expert on CNN, National Public Radio, and The Oprah Winfrey Show. An award-winning author, her latest book is *The Perfection Deception: Why Trying to be Perfect is Sabotaging your Relationships, Making you Sick, and Holding Your Happiness Hostage*. She heads Instructional Support Services, Inc., a consulting and resource firm that provides professional development and training programs worldwide. Please see [janebluestein.com](http://janebluestein.com) and [perfectiondeception.com](http://perfectiondeception.com) for more information.

## About the Book



*The Perfection Deception: Why Trying to be Perfect is Sabotaging your Relationships, Making you Sick, and Holding Your Happiness Hostage* was released in the fall of 2015. This eye-opening book shows us the truth about perfectionism with clear, easily readable text that:

- explains how perfectionism grows from a desire to create feelings of safety, belonging and worth, and avoid criticism, rejection, or abandonment.
  - explores how our culture, families, and schools fuel this dysfunction and how it can hurt our physical, emotional, mental, and social well-being.
  - differentiates perfectionism from the healthy pursuit of excellence
- exposes the impact of perfectionism on our physical and mental health, relationships, goals and achievement, and our sense of self.
  - provides practical suggestions for moving toward authenticity and wholeness to live a confident, happy, and fulfilling life.

Available through your local booksellers, on Amazon and other online outlets.  
Order an autographed copy at [janebluestein.com](http://janebluestein.com) or [perfectiondeception.com](http://perfectiondeception.com).