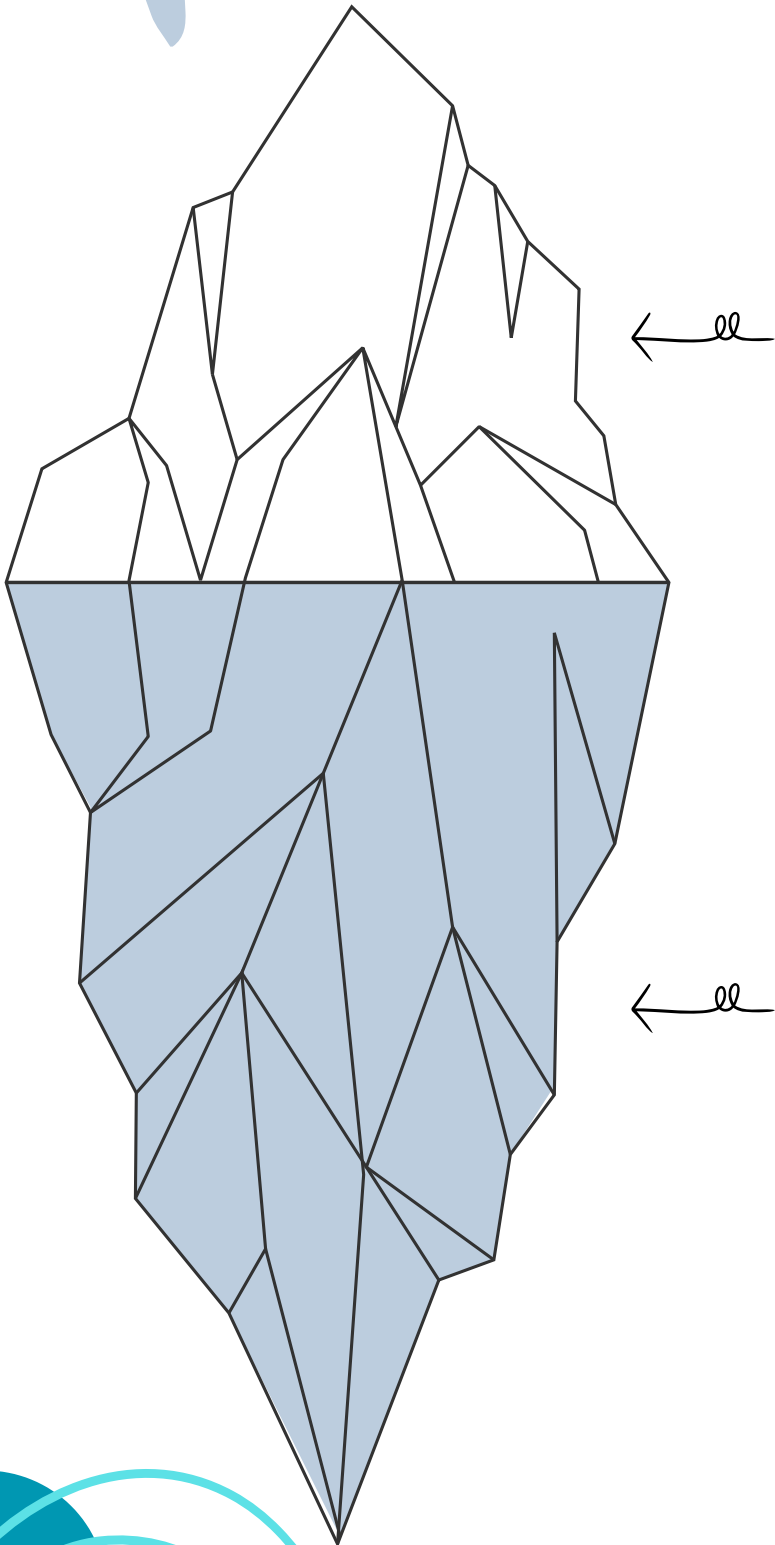


# The Perfectionism Iceberg



## What It Can Look Like Above the Surface (Behaviors that can be observed by others)

High Standards	Critical Self Talk	Avoiding Risks or new things
Procrastinate tasks	Strained Relationships	Criticism of others
Overworking and success	Depression & Pessimism	Worrying & Panic Attacks

## What Happens Beneath The Surface (Thoughts, core beliefs, and feelings)

Low Self Esteem	Rumination	Negative Past Experiences
Fear of Judgement	Self worth is contingent on success	Survival Responses
Control Issues	Unrealistic Expectations	Self Loathing & Self Doubt
All or Nothing Thinking	Avoiding Vulnerability & Shame	Imposter Syndrome