

## Perfectionism That Blocks Progress

If your child freezes unless things feel “just right,” their nervous system is chasing control.

### What this is

Perfectionism is often anxiety in disguise — an attempt to avoid uncertainty.

### Why it shows up

- Fear of mistakes
- Over-identification with performance
- Intolerance of not knowing the outcome

### What to try this week

1. Introduce a **“messy first version” rule**
2. Separate effort from evaluation
3. Model imperfection out loud

### When to get support

If perfectionism leads to shutdown or panic, uncertainty tolerance needs to be taught directly.

### Recommended tools

- **Happy Core Program** (uncertainty + worth tools)
- **More Than Behavior™ Letter: Dear Teacher** (reduce evaluative pressure)

Progress starts when “safe enough” replaces “perfect.”

If this helped even a little, you’re on the right track.

When you’re ready, you can go one step further:

- [See related tools →](#)
- Talk to Kristin (10-min game plan call) →