

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) →