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Perfectionism

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Perfectionism is a complex construct that has been studied extensively in the literature. It is characterized by the tendency to set excessively high standards for oneself and to be overly critical of one's performance. This can lead to a variety of negative outcomes, including anxiety, depression, and burnout. The literature on perfectionism is vast, with many studies exploring its prevalence, measurement, and consequences. This brief provides an overview of the current state of research on perfectionism and offers practical suggestions for working with clients who struggle with this issue.

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