

## Perfectionism and Neurodivergency



Many who are neurodivergent may appear as though we are



We can become distressed when things don't go perfectly.



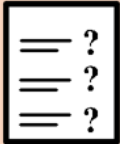
We may appear frustrated at things that have not yet happened.



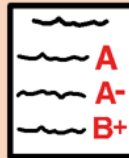
For example



Why?



We may panic about exams or tests before there is any mention of them.



In order for us to be successful, we believe we need to score 100% as that means it is right. Anything less than this means we are wrong and need to fix it. You can tell us we have done well but if we have got any wrong then we feel compelled to fix this.



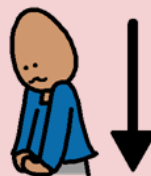
It may take us a long time to complete assignments.



This can be due to us over analysing and redoing work as we perceive it to not be at a high enough standard.



We may find taking photos difficult or time consuming as we can be overly critical.



We may focus in on how we look in the photo and believe that our imperfections have ruined the photo for everyone.



We may be unable to leave the house without make-up on or without our hair sitting exactly the way we want.



We may be over critical and believe that others are criticising us the way we criticise ourselves.



We may be unable to accept praise or compliments without pointing out everything we can't or don't do well



Unless something is perfect, then our brain may tell us it is not good enough. We are a work in progress and believe that we must be honest with others about our faults to ensure they have the full picture of who we are.



Sometimes the reasons for this perceived perfectionism is due to something else.



overwhelming sense of guilt for not being good enough or letting people down



sense of shame of who they are and of finding it difficult to do things other people can do with ease.



imposter syndrome. We believe that we deserve happiness or success as we haven't earned it yet



something else

