

RESET: PERFECTIONISM

DO YOU?

- EXPERIENCE **INTENSE ANXIETY, DISTRESS, OR SELF-CRITICISM** IF YOU MAKE A MISTAKE OR DO NOT GET A PERFECT GRADE?
- FEEL LIKE WHAT YOU ACCOMPLISH IS **NEVER QUITE GOOD ENOUGH?**
- **PROCRASTINATE** ON ASSIGNMENTS BECAUSE THEY HAVE TO BE JUST RIGHT?
- FEEL LESS THAN OTHERS IF YOU DO NOT **GIVE MORE THAN 100%** ON EVERYTHING YOU DO?
- OFTEN **FEEL PRESSURED TO MEET EXPECTATIONS** OTHERS HAVE FOR YOU?
- **OVERCOMMIT** YOURSELF BECAUSE YOU **STRUGGLE TO SAY NO**, FEAR LETTING OTHERS DOWN, OR FEEL GUILTY WHEN YOU HAVE FREE TIME?

IF YOU DO, THEN **RESET:**
PERFECTIONISM IS FOR YOU!

COUNSELING CENTER

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- DESIGNED SPECIFICALLY **FOR JMU STUDENTS**
- **SIX ONE-HOUR** SESSIONS
- **RESEARCH-BASED STRATEGIES AND TECHNIQUES** TO HELP YOU EXPERIENCE LESS STRESS WHILE STILL STRIVING FOR SUCCESS
- DESIGNED TO HELP **REDUCE ANXIETY AND DISTRESS** RELATED TO BELIEFS, STANDARDS, AND EXPECTATIONS ABOUT PERFORMANCE AND ACHIEVEMENT
- PROVIDES A **SAFE, CONFIDENTIAL, AND SUPPORTIVE SPACE** TO LEARN NEW SKILLS WITH STUDENTS FACING SIMILAR CONCERNS

IF YOU WOULD LIKE MORE INFORMATION ABOUT THIS PROGRAM, PLEASE CONTACT THE CC FRONT DESK (540) 568-6552 AND ASK ABOUT

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