

# Adaptive vs. Maladaptive Perfectionism

## The Key Differences:

### Adaptive Perfectionism

- Set achievable goals
- Focus: **do things right**
- Balanced thinking style, good coping skills
- Sync between standards & performance towards it
- Satisfied from their efforts
- Positive affect

### Maladaptive Perfectionism

- Set unreasonable standards
- Focus: to **avoid errors**
- All-or-nothing thinking, poor coping skills
- Huge gap between highly set standards & performance
- Constant sense of inadequacy
- High levels of negative affect

# Maladaptive Perfectionism Body Image Satisfaction And

**Camilla Rothe**



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