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**Peer Group Chat**

**Date:** 30/03/23

**Title:** The Place of Perfectionism

**Description:**

Perfectionism can seem like a positive quality, such as when it motivate us to be the best we can be. However, it can also create a lot of pressure for us, and get in the way of doing things if we're setting up unreasonably high standards for ourselves. Whether its learned, arisen from trauma, or developed in another way, perfectionism can have a negative impact on our mental health when it pops up in the wrong place or at the wrong time. Let's come together to talk about the place of perfectionism.

Shaz51	hello @Amber22 (PSW) , @TideisTurning (PSW)
TideisTurning (PSW)	Hi @Shaz51! We'll get started soon :)
Amber22 (PSW)	Hey there! @Shaz51 and @ajgarnic :)

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Amber22 (PSW)	Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about The Place of Perfectionism.
TideisTurning (PSW)	Welcome @ajgarnic & @Captain24 :)
Amber22 (PSW)	<p>Tonight, Peer Support Workers @Amber22 and @TiseisTurning, will be facilitating a discussion around the topic of The Place of Perfectionism. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, knowing the positives and negatives of perfectionism, as well as how we cope with it in different circumstances is really important.</p> <p>We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about qualities of perfectionism. @Tyme who moderates on the SANE Forums, is working behind the scenes to ensure our safety.</p> <p>If you're having any technical difficulties, please see our FAQ (<a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a>) or message @Tyme. We're looking forward to creating a space where we can reflect and learn more together about The Place of Perfectionism.</p>
Captain24	Hi All
ajgarnic	Hi Everyone
Amber22 (PSW)	Hey! @Captain24 :)
ajgarnic	Im from Adelaide
tyme (PSW/ Moderator)	Hi everyone!
Amber22 (PSW)	Within this group tonight we'll be talking about: What perfectionism might look like in your life and its impacts.

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	<b>Perfectionistic tendencies and their origins. Standards that we set for ourselves and others + expressions of perfectionism.</b>
Shaz51	@ajgarnic , I am from far north Queensland
Captain24	Hi @tyme (PSW/ Moderator)
Laura	Hello everyone
<b>Amber22 (PSW)</b>	<b>Hey! @Laura :)</b>
ajgarnic	I cant see anybody. This is my 1st time tonight
<b>TideisTurning (PSW)</b>	<b>Hi there @Laura! :) Great to have you here</b>
Shaz51	@ajgarnic only texting and talking on this chat
chibam	Lol. I actually made it on time to one of these things for once.
<b>Amber22 (PSW)</b>	<b>Hey @chibam and @Snowie :)</b>
<b>TideisTurning (PSW)</b>	<b>Welcome @chibam &amp; @Snowie :)</b>
chibam	Hi all! :)
ajgarnic	I cant hear anything either
<b>Amber22 (PSW)</b>	<b>We will be starting the discussion shortly, and will just allow a bit more time for people to log on and joi</b>
<b>TideisTurning (PSW)</b>	<b>Hi @jayzy058 :) Welcome!</b>
Snowie	Hi all
<b>Amber22 (PSW)</b>	<b>Welcome! @jayzy058 :)</b>
jayzy058	Shh
<b>Amber22 (PSW)</b>	<b>Welcome everyone! Feel free to introduce yourselves. I'm @Amber22</b>
<b>Amber22 (PSW)</b>	<b>Welcome! @Smiling_Gecko :)</b>
<b>Amber22 (PSW)</b>	<b>Q1: What does perfectionism look like in your life?</b>
ajgarnic	being really particular about the way things are done my way
Smiling_Gecko	I think its outside influences that put pressure on me to do better. It's a bit of a stress test
Snowie	I think for me, perfectionism started at a young age. High expectations were put on me and still are.

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Laura	Trying my hardest with work or uni but not feeling like I've done it right or good enough, even though it probably is.
ajgarnic	isn't it a bit 'imposter syndrome' too?
Captain24	Making sure that everything that I do is spot on.
Shaz51	really particular about the way things are done in a certain way
<b>Amber22 (PSW)</b>	<b>For me, perfectionism is fixating on something and liking something done in a very certain way</b>
Snowie	@Shaz51 I agree, things done in a certain way
chibam	I wouldn't consider myself a perfectionist; but I seem to get accused of it a fair bit. The thing is, I use perfect/ideal scenarios to communicate what goals I aspire to, although perhaps I fail to make it clear that I am well aware that I'll never get anything absolutely perfect. But I think it's still important for us to be clear about our ideals, so we can all understand what direction we want to go in.
<b>TideisTurning (PSW)</b>	<b>For me, perfectionism can look like trying to make something more or less 'perfect', or as close to perfect as it's humanly possible for it to be.</b>
Snowie	I think it is also something we tend to put on ourselves. Pressure to be perfect, to do things perfectly
Shaz51	very true @Snowie and it messes mr shaz totally if not @Amber22 (PSW)
<b>Amber22 (PSW)</b>	<b>Yes! Pressure can be a really big part of perfectionism, often internalised pressure as well! @Snowie</b>
ajgarnic	I was brought up with high expectations from my father
<b>TideisTurning (PSW)</b>	<b>I love that framing @chibam! :)</b>
<b>Amber22 (PSW)</b>	<b>Aw hugs @Shaz51</b>
Snowie	@ajgarnic same here, except it was my mother for me
<b>Amber22 (PSW)</b>	<b>I get that, sometimes when I try my hardest I still feel as if it could be better, even though trying me hardest is all I can do! @Laura</b>
sammy3	hey all
Shaz51	pressure is very great @Amber22 (PSW)
<b>TideisTurning (PSW)</b>	<b>Hi @sammy3!</b>

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Amber22 (PSW)	Welcome! @sammy3 :)
sammy3	Q1: losing sight of the bigger picture for me is perfectionism
TideisTurning (PSW)	That's really tough @Laura. I've been there! :)
jayzy058	I just have OCD
TideisTurning (PSW)	Also a really good insight @sammy3. I hadn't thought of it that way, but it makes sense
Amber22 (PSW)	Q2: Perfectionism could be a good quality. What benefits might perfectionism have?
ajgarnic	doing a good job, being creative
chibam	Well, it tends to offer perfect results, obviously. James Cameron is apparently an insufferable perfectionist when he's making a movie. But you can't argue with the results.
jayzy058	I don't even know how this works and no one is helping me I'm new and confused
Amber22 (PSW)	Being consistent and hardworking can be a good quality of perfectionism and giving good results!
Captain24	Knowing that when you have done something it is right.
TideisTurning (PSW)	I feel like a potential good quality of perfectionism is the potential it carries to help fuel a drive to do the best I possibly can. A kind of 'drive to strive' if you like.
ajgarnic	yes I agree with jayzy058. Don't know how this works. Would on of the PSW explain to us
Snowie	Benefits could be not giving up on things, like yourself, having higher standards, doing a better job at work, trying something over and over again until you have a good result
sammy3	it can make us consider things deeply, and also lead to a good end result for a particular task
Amber22 (PSW)	Hey! @jayzy058 @ajgarnic Thanks for joining the Peer Group Chat, when we post a question you can reply here on the chat with your thoughts and opinions (in a respectful way). It's like a big group chat and we will be sending questions for everyone to discuss (I'll pin the question at the top so you can see it!) :) Let me know if there are any other questions!
Jacques	hello ladies, gentlemen and gender neutral peoples :)
Amber22 (PSW)	Hey @Jacques :)
ajgarnic	OK Amber, Thanks. But no actual camera stuff live. Just typing alone and reading too
TideisTurning (PSW)	Hi There @Jacques! Good to see you here :)

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<b>Amber22 (PSW)</b>	<b>Yep just typing and reading! @ajgarnic :) We have webinars if you are part of our guided service that are on camera, but this one is just typing and reading along like a big group chat</b>
Laura	Hey @Amber22 (PSW) I don't think I'm going to be able to stay sorry not feeling great.
ajgarnic	OK Thanks again I don't think I was told this
Jacques	Q2 benefits would be attention to detail and drive. i hate when i do things and it is not finished off properly.
<b>Amber22 (PSW)</b>	<b>That's okay @Laura ! I hope you're okay, take the time that you need</b>
ajgarnic	Yes, Im feeling unwell too. Have been all week. May leave early.
Laura	Thanks
<b>Amber22 (PSW)</b>	<b>That's okay, do what you need to for you @ajgarnic :) Thanks for coming along</b>
<b>TideisTurning (PSW)</b>	<b>All good. We encourage you to do whatever you need to take care of you @ajgarnic @Laura :)</b>
chibam	Sorry to hear that, @ajgarnic Hope you feel better soon.
ajgarnic	thank you all. I can stay for another 10-15 mins
<b>Amber22 (PSW)</b>	<b>Q3: What negative impacts might show up as a result of perfectionism?</b>
sammy3	in my experience it actually doesn't lead to an overall good result
ajgarnic	imposter syndrome I think is part of this
jayzy058	Problems with relationships
Snowie	Q3. Feeling like you are never good enough, having trouble just being you
ajgarnic	not easy to work together with other team mates
Captain24	Never being good enough or feeling like a failure when things are perfect. No room for adjustments
<b>TideisTurning (PSW)</b>	<b>Very possible that imposter syndrome could result @ajgarnic</b>
chibam	The biggest problem I have with self-imposed perfectionism is that it is tantamount to procrastination. I tend to go long times without finishing the job, because I'm spending so much time trying to get it right.
<b>Amber22 (PSW)</b>	<b>Definitely, it might feel very hard to feel like yourself @ajgarnic , @Snowie</b>
Snowie	I know I have an eating disorder from trying to look perfect

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chibam	But for me, the bigger problems have been perfectionism imposed on me by others. Leads to a lot of rifts and mutual bitterness. Usually destroys any chance of a positive relationship.
Snowie	@chibam certainly agree with that
<b>TideisTurning (PSW)</b>	<b>Negative impacts of perfectionism can include increased anxiety, especially if it feels like I've failed to achieve perfectionism in a particular situation or if perfectionism is actually unattainable, making my efforts to achieve it somewhat fruitless.</b>
ajgarnic	so sorry to read this chibam
ajgarnic	yes tideisturning
Captain24	Yes @TideisTurning (PSW) the anxiety
<b>Amber22 (PSW)</b>	<b>Yep! I feel that, the anxiety with perfectionism can be really challenging @TideisTurning (PSW) @Captain24 @ajgarnic</b>
ajgarnic	never being good enough
chibam	Amen to that, @ajgarnic
Jacques	nothing is ever finished, feeling like a failure and being frustrated.
Snowie	feeling like you never fit in, that others are better than you
<b>TideisTurning (PSW)</b>	<b>@ajgarnic, that's rough, but very relatable I feel</b>
<b>TideisTurning (PSW)</b>	<b>Totally feel you @Jacques @Snowie. Sending lots of hugs. The negatives of perfection can cut deep. That's my biggest takeaway from this particular question.</b>
Jacques	yeah so true @TideisTurning (PSW) i guess depression and anxiety do play a role in perfectionism too
sammy3	i think when we get anxious, it can deter us from good life decisions sort of
jayzy058	Stop
Jacques	ohhh yes @sammy3 I can really identify with that. so many choices I have made has ruined any chance I have had at happiness

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Snowie	Feeling like whatever you do it isn't good enough. Having those thoughts of is feeling like a failure when you can't even do that right.
<b>Amber22 (PSW)</b>	<b>Q4: How could we challenge or harness perfectionism as it arises? Perhaps learning to recognise occasions before they arise and adjust expectations in advance?</b>
Shaz51	back again @Amber22 (PSW)
<b>TideisTurning (PSW)</b>	<b>That makes total sense @Snowie. I can understand how that could come up. It's tough</b>
jayzy058	How old do you have to be to be here
ajgarnic	good night everyone. Take Care & Be Kind to Yourself
chibam	Food night, @ajgarnic . Feel better! :)
chibam	*GOOD night
<b>Amber22 (PSW)</b>	<b>Good night, look after yourself! @ajgarnic :) Thanks for coming along</b>
Jacques	I guess for me over time I have had to learn to just accept that when I do things I will notice the flaws but others won't especially with model ship making.
<b>TideisTurning (PSW)</b>	<b>Take care @ajgarnic. Thanks for being here &amp; your contributions tonight &lt;3</b>
Snowie	Q4. Too be honest @Amber22 (PSW) I wish I knew what to do as it arises. It would be good to know and recognise it beforehand.
Captain24	I'm not sure how to challenge it. From a young child if I didn't do something perfect then I was told I wasn't good enough or that I was a failure. It's now ingrained
Snowie	@Captain24 I 100% agree with you. Mine in ingrained too.
<b>Amber22 (PSW)</b>	<b>Can we think of anything as a group to challenge perfectionism when it arises? @Snowie I think that sometimes reminding myself that my best is enough, and slowing my movements down helps me a lot</b>
Jacques	childhood trauma can really impact our later life, I can really identify with that @Captain24
<b>TideisTurning (PSW)</b>	<b>That's a really good point @Jacques. The flaws in something can be more obvious to us because we know exactly where to look. It's similar to a stage play- the audience won't know anything's amiss if the cast just go along with it</b>



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TideisTurning (PSW)	<p>I think for me, challenging perfectionism starts with developing an awareness of when it shows up, and in time, possibly even learning to anticipate when perfectionism could show up in future. From there, I try my best to name it then considering the ways in which perfectionism might be impacting the situation or my thinking/ feeling around the situation.</p> <p>As far as harnessing perfectionism when it might be useful, I think first identifying this situations when it could be useful and allowing myself to use it as my fuel to strive to an extent, while also doing my best to recognise if and when the perfectionism may start to be becoming problematic so I can try to stop it in its tracks.</p>
sammy3	Does anyone else find that it is "Affect" based, like it results from an underlying stressor?
TideisTurning (PSW)	<b>That's a really good and interesting question @Sammy3! It very well could do. Is there an example you can think of where this might be the case?</b>
Captain24	Yes @sammy3
sammy3	I really like the one about anticipating and setting expectations. My psychologist tends to stress the importance of planning ahead like this.
Jacques	@TideisTurning (PSW) that is interesting, what techniques do you use when you know perfectionism is not needed or will be problematic?
TideisTurning (PSW)	<p>I think preparing might be a big one for me @Jacques. If I'm anticipating I might react to something with perfectionism, or it's impacting, I try to channel that into planning and preparing. Then, when the associated anxiety comes up, I can remind myself of everything I've done, that I've done everything in my power and that I'm ready :)</p>
Amber22 (PSW)	<b>Q5: Where might your perfectionistic tendencies focus on?</b>
Amber22 (PSW)	For example; is there a part of your life that you tend to be more of a perfectionist towards, and other parts you aren't so much?

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Jacques	Q5 for me is really dictated to by my anxiety and OCD there is no rhyme or reason for me. It's just random
Shaz51	trying to keep our customers happy , to do the best we can @Amber22 (PSW)
Snowie	Very much perfectionist towards my weight and lack of eating. Also, never wanting to eat in front of people. Was told from such a young age that I was overweight. Have an eating disorder b/c of that.
Snowie	Yet I will happily make tea for the family, and make sure the fridge is full of food for my kids and hubby, yet never eat it myself
TideisTurning (PSW)	<b>My perfectionistic tendencies tend to come out when there's pressure or even perceived pressure, as I believe some of you may've alluded to earlier. In many ways this could be a result of trauma, if the perfectionism is a learned survival mechanism for example, such as in the 'fawn' response.</b>
Captain24	Anything that involves others. Whether it be at work or relationships or presentation. Housework is someone is coming.
Snowie	Another focus for me is pretending like everything is perfect on the outside. On the inside I can be in terrible pain, but to an outsider, everything seems like it is great. Great family, great life, great me.
Shaz51	same here @Captain24
jayzy058	I'm back
Captain24	Anything that may involve judgement.
TideisTurning (PSW)	<b>That's tough @Captain24. I wonder if when perfectionist tendencies are tied to interactions, it might relate to concern about appearances and/or if the other people are the kind that give off the air of perfectionism</b>
chibam	My perfectionism mostly crops up in policy submissions I make. There's not a lot of lived experience contribution made to many of the inquiries, so I feel the weight of the community on me whenever I do speak out. And it's so damn easy and common to be completely misinterpreted in these things, so I feel the pressure to explain stuff as clearly as I can. Still botch it an awful lot of the time.
jayzy058	Maybe it's not perfectionistic you might have a disability

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Captain24	I always think that everyone is better than me @TideisTurning (PSW). Which causes my fear of judgement if everything isn't perfect
<b>Amber22 (PSW)</b>	<b>Welcome! @bobbie :)</b>
bobbie	Hi everyone, I forgot about tonight
Jacques	that must be difficult @chibam
<b>Amber22 (PSW)</b>	<b>That's okay! You're here with us now @bobbie</b>
<b>TideisTurning (PSW)</b>	<b>Hi @bobbie :) You're here now! Glad you could be here for a bit</b>
<b>Amber22 (PSW)</b>	<b>Q6: Have you ever seen someone you've expected to be perfect, express or show being imperfect? What impacts did this have on you?</b>
chibam	It's stressful at the time, @Jacques , and a relief when I get those things over and done with. I usually spot errors sometime after the fact; but I don't agonize over them.
Snowie	Q6. @Amber22 (PSW) I don't judge others like that, but I do judge myself. It is more the impact my own actions have on myself than others
<b>TideisTurning (PSW)</b>	<b>If I see someone who usually gives of something of an air of perfection suddenly express imperfection, there's usually shock at first. But seeing this sort of thing can be really really powerful. I find sometimes that when someone appears perfect, I can in some ways forget about their personhood. So when I see these expressions of imperfection, it can be an important reminder for me of their humanity.</b>
Jacques	Q6 yes I have, I guess shock and surprise, as I thought they would show more attention to detail. sorry that sounds mean. i guess my own OCD struggles with others not being the same
jayzy058	Yes but I'm not telling you why
Captain24	I don't expect perfection from others. I see any short comings as human. It just doesn't transfer to myself
bobbie	not really, i don't expect others to be perfect. I seem to do only treat myself that way
Snowie	@Captain24 totally agree
<b>TideisTurning (PSW)</b>	<b>Aww. I love that perspective @Captain24! Imperfection is human!</b>

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Snowie	@bobbie I feel the same way
Amber22 (PSW)	<b>Everyone is saying that they don't expect others to be perfect and they don't judge others, maybe we could try that thought process on ourselves? I know it is a lot easier said than done, but as a collective we could try one step at a time</b>
chibam	Q6: No, I can't say I've ever been unsympathetic to others' fallibility. I know everybody drops the ball from time to time. The bigger upsets come when you've misjudged someone's character, and their faltering isn't so much a "mistake" as it is an expression of their true nature.
Captain24	I agree with that @chibam
bobbie	@chibam yes that's always disappointing
TideisTurning (PSW)	<b>Absolutely. That can cut so deep when someone turns out not to be who you think they are @chibam. that can be so painful</b>
sammy3	Q6: I'd see it, and usually appreciate the perspective they bring. But I don't notice any emotional impacts it might have on them, expect might a little less popular or visibly mores stressed, and have some negative things to say
sammy3	except*
Amber22 (PSW)	<b>Q7: Are your standards for yourself stricter or harsher than the standards you set for others? If so, can you give yourself some of the same grace you give to everyone else?</b>
Shaz51	Q7: Are your standards for yourself stricter or harsher than the standards you set for others? --- Yes totally
chibam	Q7: To be honest, I suspect I'm already doing too much of that already.
Snowie	Very much stricter and harsher @Amber22 (PSW) I can try to give myself some grace but normally fail miserably.
Snowie	Have to go early tonight. Good night all. Will try to read the rest tomorrow
Amber22 (PSW)	<b>Thanks for joining us @Snowie , good night! :)</b>
TideisTurning (PSW)	<b>Trying is the main thing @Snowie. You do your best. That's all you can do :)</b>

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Jacques	Q7 I'm always really tough on myself, I don't know if I want to change that as it has kept me safe and helps me do things properly. especially building custom computers. attention to detail is always appreciated.
bobbie	ABSOLUTELY. Can I? Yes. Do I? most of the time not. I guess practice makes perfect. Need to remind myself
chibam	Bye, @Snowie . Thanks for turning up! :)
Shaz51	good night @Snowie
<b>TideisTurning (PSW)</b>	<b>Take care @Snowie &amp; thanks for being here :)</b>
<b>Amber22 (PSW)</b>	<b>Practice does make perfect, ironically in this matter @bobbie You're doing really well :)</b>
sammy3	I try to catch myself being stricter and loosen up, but also try to understand where it's coming from
bobbie	@Amber22 hahaha
<b>TideisTurning (PSW)</b>	<b>Often, my standards of myself are much higher than for others. I feel like that's the case for a lot of people. For myself, I know that some of my older family members have very high 'perfectionistic' standards which to a degree, I've likely inherited. Being aware of this helps though because I can do something of a check in to assess whether the high standards I'm trying to meet are actually mine or those of others and adjust and/ or sometimes review and reassess accordingly.</b>
<b>Amber22 (PSW)</b>	<b>That is great! @sammy3 :)</b>
Captain24	My standards for myself are unattainable. I would never put that pressure on anyone else or expect them to even attempt it. Can I give myself the same grace? No. If I don't meet my unrealistic standards then I'm a failure.
<b>TideisTurning (PSW)</b>	<b>Love that @sammy3 That's a fantastic intention!</b>
bobbie	It's hard to know when is doing your best, enough. I think that
bobbie	s the tricky part
<b>TideisTurning (PSW)</b>	<b>I'm so sorry to hear that @Captain24. It can be a really hard battle when you've learned imperfection = failure &lt;3</b>

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Amber22 (PSW)	<b>Q: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?</b>
chibam	But, IMHO, it feels more wrong to give up on hope for yourself then to give up on hope for the rest of the world. You should hold a standard for yourself, even if you can't hold it for anybody else, IMHO.
Jacques	yes, that others are going through the same things as me and that childhood trauma can contribute to perfectionism.
TideisTurning (PSW)	<b>In short? Loads! I feel like my biggest takeaways have been that a lot of people have similar experiences of perfectionism to me, how related to trauma &amp; learned responses perfectionism can be &amp; this also really stood out for me to use perfect/ideal scenarios to communicate what goals I aspire to, although perhaps I fail to make it clear that I am well aware that I'll never get anything absolutely perfect. But I think it's still important for us to be clear about our ideals, so we can all understand what direction we want to go in. thanks @chibam</b>
Captain24	That I'm not alone and others have similar experiences. That it's ok to not be so hard on myself. It will take a while to put that into practice though
TideisTurning (PSW)	<b>Also- imperfect is human!</b>
TideisTurning (PSW)	<b>&amp; ok</b>
Amber22 (PSW)	<b>I've learnt that doing our best is all that we can do :)</b>
chibam	NP, @TideisTurning (PSW) :D
Amber22 (PSW)	<b>Hello! @7cough9</b>
sammy3	i am going to find some more strategies to manage perfectionism so it creeps in a lot less. good luck me
TideisTurning (PSW)	<b>Hi @7cough9! We're actually just starting to wrap up discussion here for the evening, but we'd encourage you to go back and continue chatting there :)</b>
TideisTurning (PSW)	<b>On Forums that is- all welcome! :)</b>

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Jacques	hi @7cough9
bobbie	does this live on here, after wrap up? I need to scroll upwards to read what I missed out tonight
7cough9	Hoping I can see previous chat history.
sammy3	I also just realised I do have more perfectionism in some areas. socially with new people like a few others mentioned.
Jacques	I'm off for the night everyone, thank you so much for the amazing talk tonight mods. hugs and love to all
Captain24	Thank you for tonight
<b>Amber22 (PSW)</b>	<b>Q: Tonight's topic may have brought up some heavy feelings as we talked about perfectionism in our lives. Would some self-care be helpful for you after we finish? If so, what might you do?</b>
chibam	@bobbie @7cough9 Yes, I know that the logs of these chats are stored somewhere, and you can go back and view them later.
chibam	Not too sure about the URLs, though. Probably pretty straightforward from the home page.
<b>Amber22 (PSW)</b>	<b>It doesn't stay up - but you're welcome to continue the conversation on the forums thread for this Peer Group Chat, or the transcripts will hopefully be up and running soon! @bobbie @7cough9</b>
bobbie	Thank you.
<b>Amber22 (PSW)</b>	<p>Here are some further resources we recommend having a look at:</p> <p>1 Embrace your inner perfectionist podcast episode <a href="https://podcasts.apple.com/au/podcast/embrace-your-inner-perfectionist-with-katherine-morgan/id1274672540?i=1000600594497">https://podcasts.apple.com/au/podcast/embrace-your-inner-perfectionist-with-katherine-morgan/id1274672540?i=1000600594497</a></p> <p>2 Brene Brown's 'Gifts of Imperfection' resource hub <a href="https://brenebrown.com/hubs/the-gifts-hub/">https://brenebrown.com/hubs/the-gifts-hub/</a></p> <p>3 Unlearning perfectionism <a href="https://www.mattgrigsby.com/unlearning-perfectionism/">https://www.mattgrigsby.com/unlearning-perfectionism/</a></p>
sammy3	some healthy dinner, a walk and hopefully some meditation

# SANE

We're people like you.

Amber22 (PSW)	We would love to hear your anonymous feedback on today's group so we can continue to improve. It is voluntary, and will take about 4 minutes to complete: <a href="https://forms.office.com/r/yk4HS4Snnf">https://forms.office.com/r/yk4HS4Snnf</a>
bobbie	goodnight everyone thank you
Amber22 (PSW)	<p>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like <a href="https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-The-Place-of-Perfectionism-Thursday-30th-March/m-p/1276050#M327024">https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-The-Place-of-Perfectionism-Thursday-30th-March/m-p/1276050#M327024</a></p> <p>Keep an eye out for the next Peer Group Chat discussion about Labels &amp; Language. If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here <a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a>. You can also ask questions for us to discuss in future peer chats!</p>
Amber22 (PSW)	Thank you for joining everyone! :)
TideisTurning (PSW)	Thank you so much for tonight everyone, being here, sharing this space, your contributions and making tonight what it has been! Take care <3
chibam	Night all! :)