

SANE AUSTRALIA

SANE Australia Online Peer Group

Date: 10/03/2022

Topic: The Pressure of Perfectionism

Description: Perfectionism can seem like a positive quality in motivating us to be the best we can be. However, it can 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- let's talk about what we can do about it.

TideisTurning(PSW) Good evening

Welcome everyone to today's Peer Group Chat talking about the pressures of perfectionism. We really value your thoughts on how it goes, so we will send a link to a short survey at the end of this event for you to complete. While this survey is optional, it is a chance to provide feedback for us to improve our services. In case you might need to leave part way through the event, you can find the survey here now: https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW

TideisTurning (PSW)

Tonight, peer support workers @TideisTurning and @Girasole will be facilitating a discussion around the topic of perfectionism. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, perfectionism can affect us in many ways, both good and bad. 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 mental health struggles. @ Oshun_Blu is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (<https://www.sane.org/peer-support/peer-group-chat/chat-faqs#what-if-i-am-having-a-tough-time-and-need-immediate-support>) or message @ Oshun_Blu

**TideisTurning
(PSW)**

Hey @Shaz51 !
Welcome to the

Girasole (PSW)

group :)
Hello @HenryX ! It's
great to see you here :)

Shaz51

Hello @Girasole
(Peer Worker)
Hey @Shaz51 !
Great to see you
again :)

**Oshun_Blu
(Moderator)**

**TideisTurning
(PSW)**

We're looking forward to creating a space where
we can reflect and learn together and expand our
ideas of perfectionism

Shaz51

Hello
again @Oshun_Blu
(Moderator) 😊❤️

Girasole (PSW)

Hi @teej !
Welcome to the
group :)
Welcome @Shaz51 &
@HenryX Great to have you
with us :)

**TideisTurning
(PSW)**

**TideisTurning
(PSW)**

Hi @teej :)

Shaz51 Hello @teej ,
@HenryX

TideisTurning (PSW) We will be starting the discussion shortly,
and will just allow a bit more time for people
to log on and join 😊

teej Hi all
👏👏👏👏

TideisTurning (PSW) Welcome everyone! Feel free to
introduce yourselves. I'm
@TideisTurning
Oshun_Blu (Moderator) Hey everyone! I'm @Oshun_Blu, and I'm one
of the SANE Counsellors. It's great to be
here with you all :)
HenryX Hello everyone, Just getting
used to this format so a
general greeting:)

TideisTurning (PSW) **To get us started with our first question: What
does perfectionism mean to you? What does
perfectionism look like in your life?**
Girasole (PSW) Hi @Zoe7 ! It's
great to see you
here :)

Zoe7 Hey @Girasole
(Peer Worker) and
all here.

Zoe7 What does perfectionism mean to me - a
need for everything to be perfect no matter
the personal cost

teej What I thought perfectionism was
was quite different to what it really
is.

HenryX Perfectionism can be something that rules our lives, that we live with comfortably or that we reject in such a way as to cause disorder in my/our lives

Shaz51 As a wife , my husband is a perfectionist, everything has to be done in a certain way of else @TideisTurning (PSW) , @Girasole (Peer Worker)

Oshun_Blu (Moderator) For me, perfectionism has meant working very hard to keep up with standards that are often like moving goal posts. It has sometimes looked like getting caught up in "doing", as a way of proving my worth to others who have not been able to see my worth inherently as a human being

teej For me personally perfectionism is paralysing. I don't get much done because of it.

Girasole (PSW) Perfectionism to me is wanting to achieve the highest standard, without flaws, for so many things in life. It's certainly exhausting and produces a lot of stress. I've been aware of it for quite a while and I'm still trying to challenge it because I think overall it's not good for me

Oshun_Blu (Moderator) I feel that @teej what can look like 'procrastination' to some can often feel like a fear of not performing perfectly inside

TideisTurning (PSW) **Perfectionism could be a good quality. What benefits might perfectionism have?**

Shaz51 Very true @Girasole (Peer Worker) what I think is good my husband is not happy with it at all

Zoe7 Benefits - getting things right the first time and therefore not having to do them again

teej

Not trying to be a downer but for me I can't see benefits, but I'm really glad others can find them.

**TideisTurning
(PSW)**

It can be really hard finding the good sometimes @teej :)

Perfectionism may motivate us to perform well, which can feel good. More than our own satisfaction, though, high performance can be tied up with a number of important things- potentially through high standards in, for example, education, work, art and performance, and competitive sport. I feel like the overall culture of society seems to reward perfectionism- no-one tends to commend an average result, where someone may have prioritised their mental health in the process of not overcommitting. There is often praise, though, for standards which are high and impressive.

Girasole (PSW)

Benefits of perfectionism for me have been expanding on interests that I have been "good" at, and therefore have been able to cultivate them more. Of course, I have had to put limits around these interests or they become another thing to be perfect at!

**Oshun_Blu
(Moderator)**

My husband would agree with you @teej , does not matter how many times I say it is ok , but to him it is not

Shaz51

I believe that there are significant differences between meeting someone else's perfectionism imposed on us and the self imposed perfectionist behaviour that we endeavour to meet in our lives

HenryX

Absolutely agree @Girasole (Peer Worker) .

teej

Absolutely with you there, @HenryX

**Oshun_Blu
(Moderator)**

Excellent point @HenryX. I feel like there can certainly be a difference dependent on where the perfectionism comes from :)

**TideisTurning
(PSW)**

Zoe7

As a society we do reward 'perfectionism' and Australian society is very much geared toward athletes in this regard

teej I think there are two things society values, perfectionism and speed which are often opposite in reality. But if you have both you are going to be "successful "

HenryX I find it easier to think of benefits with regard to a "perfectionist approach" as distinct from "perfectionism" which has a more negative connotation for me. I can see benefits to a pperfectionist approach whereby I may strive toward what I may think to be ideal. However, perfectionism seems to imply that I always have to achieve the ideal.

TideisTurning (PSW)
On the other hand, are there any negative impacts that show up from perfectionism?

Girasole (PSW)
Yes, on my mental health: when I already have a lot on my plate, it just adds extra- more time, more pressure, more expectations. When if anything I would really love more time and less pressure/stress in my life!

Zoe7 The biggest negative for me has been the stress involved in trying to achieve perfection

Shaz51 Yes the stress, making things worse , making mistakes, anxiety,

Oshun_Blu (Moderator)
Negative impacts for me have meant feeling "boxed in" at times. Like I have only felt comfortable to engage with things that I know I could be "perfect" at, or come close to perfection doing. And as I later found out, boxing myself into these things meant more stress inside the box...and missing out on everything outside the box, too

TideisTurning (PSW)
teej I feel that @Zoe7! As I'm sure a lot of us here do :)
Shame, paralysing fear of getting things wrong, stress, extra time taken on little things for no reason

Zoe7
There is also the time factor - we can go over things again and again to make sure they are right without actually believing in our own abilities to 'get it right' the first time

**Oshun_Blu
(Moderator)**
So true,
@Zoe7
Totally true
Shaz51
@Zoe7

teej
Avoidance of trying things for fear of not doing them "correctly" which leads to shame
Where might your perfectionistic tendencies come from? Or, if not your own, the perfectionistic tendencies of others in your life?
**TideisTurning
(PSW)**

Zoe7
Mine absolutely come from childhood trauma - needing to do everything right so there is no chance of being judged or singled out, and no chance of anything negative coming my way

Girasole (PSW)
I relate to so many of these impacts - @teej what you're saying makes me think of all the hobbies/interests/passions I don't do because I know I'd be a beginner and have to be not good at it for a while!

HenryX
When perfectionism has been imposed, it often takes the form of gas-lighting, and the goal posts seem to be constantly moving. Consequently, I can lose faith in my own ability to "get it right"

**Oshun_Blu
(Moderator)**
My perfectionist tendencies were fuelled from an early age by a lot of masking behaviours and expectations to achieve high marks in school. It turned into a trauma response, and became a way to not have to address some of the inner turmoil because on the outside things looked okay

Shaz51
I think my husband is way back in his upbringing, his childhood

Zoe7
Same
@Oshun_Blu
(Moderator) 😊

TideisTurning (PSW)
I think I've learnt perfectionism from some key adult figures growing up, which may have been contributed to by societal pressure for perfectionism in previous generations. I realise now that for those adults, perfectionism was also their attempt at coping with things that were really hard.

teej
I think mine comes from two places. I don't think my parents consciously tried to impart perfectionism but I think it happened anyway. They often compared people they knew. Secondly I think I learned societal values around 'being perfect' early on when I realised I had weaknesses in primary school.

I was often praised, growing up, based on good performance and outcomes described as a personal quality of me (e.g. being "smart") - and not so much on all the hard work that was taken to reach particular outcomes. But the praise, acceptance, and feeling valued were all good feelings! So I learned to see high performance as something that should just be intrinsic to myself as a person. The pressure of perfectionism I feel now is a result from childhood- the need to maintain high performance with the idea that apparently it should be intrinsic to me as a person. This, instead of being (in fact) related to the amount of effort I put into things, which is totally optional- and the outcomes are not inherently reflective of my value as a person!

Girasole (PSW)

Shaz51
Same here
@Oshun_Blu
(Moderator)

Shaz51
And it has passed on to my 4
step children @Oshun_Blu
(Moderator)

teej
I can see that for you @Zoe7 😊 . I think it seems a way for many people to hide the hard stuff @Oshun_Blu (Moderator) @Girasole (Peer Worker) that is interesting too

Zoe7
Agree @teej Whilst I was 'getting things right' I did not have to face that hard stuff with anyone else
Absolutely, @teej . It was like, well everyone thinks I'm looking okay then surely I must be okay, right?
(wrong haha)

Zoe7

...it was also a protection mechanism to not have anyone find out what I was/had been through

Girasole (PSW)

Yeah, and maintaining a certain appearance or perception, I think @teej

Oshun_Blu (Moderator)

mhhh yeah, I feel that @Zoe7 It can be easy to build walls made up of perfectionism

HenryX

Perfectionism is like so many other labels and can be expressed and an expression of different things to different people. I believe that it is worth discussing so that we can each look at our own positions from slightly different perspectives and views.

teej

I think mine came from the undiagnosed adhd too

Zoe7

Absolutely @Oshun_Blu (Moderator) We build up those walls so no-one can get in and therefore not 'know' anything - being a perfectionist is in a way the mortar that holds those walls together

Girasole (PSW)

Hello @faith-and-Hope! Welcome to the group, it's good to see you here :)

Oshun_Blu (Moderator)

Absolutely, @HenryX I've really loved seeing everyone's different perspectives, insights and experiences into this area. It humanises something that is often just not humanly achievable or sustainable

Shaz51
TideisTurning (PSW)

Yes @teej My husband was diagnosed with adult ADHD

Yes @Zoe7 I know for me perfectionism can show up when I'm feeling a lack of control, like external appearance of perfectionism will mask any imperfections hiding away beneath the surface

Zoe7

So true @TideisTurning (PSW) Keep the doors locked but behind them we are running at 100 miles an hour

**Oshun_Blu
(Moderator)**

same here @teej. ADHD overcompensation to be accepted in social circles is a really challenging part of that experience that often isn't recognised

**TideisTurning
(PSW)**

Have you ever seen someone you've expected to be perfect, express or show being imperfect? What impacts did this have on you?

Not so much other people but more myself. I can accept imperfections in others but not as easy in myself

Zoe7

...I am getting better at it though

Girasole (PSW)

Yes- sometimes when I see someone, say in a position of authority or performing something at a high level (e.g. a speech) stop, break composure, or admit that they're struggling or are tired or whatever it might be - when they express that they're human - I can feel such a sensation of relief. Relief that at the end of the day, other people are human too, and they struggle, and that's natural. There is ultimately no such thing as total perfection, despite how many of us may try to aim for or expect that

HenryX

Through our own perfectionism we can exclude others from our lives or at times alienate others.

teej

Ironically when I learned about perfectionism I started learning no one was perfect. However some can have superhuman traits most of the time but there are not many people in this world like that.

**Oshun_Blu
(Moderator)
Oshun_Blu
(Moderator)**

I think the first time that I had a conversation with someone where they talked about being imperfect, I was able to see how pervasive this issue is, and how deeply it hurts so many people. So often the myth of 'not being enough' is what drives perfectionism, and it just creates more unattainable standards. So when I see people give themselves to active choose not to participate in those standards it has given me permission to do the same actively choose*

Oshun_Blu (Moderator) Love that perspective
@HenryX Perfectionism is often in opposition to vulnerability

teej That is an interesting effect
@HenryX , @Oshun_Blu (Moderator)

Girasole (PSW) Hey @The Hams !
Welcome to the group
:)
Hey Girasole thank you for the welcome

The Hams Perfectionism can be expressed as the view that the rest of the world is ok and that I am not. They are ok or perfect, but not me. This might be considered reverse perfectionism

HenryX

The Hams Perfectionism is essential to hussle culture and I hate hussle culture. I think too that that as HenryX says - perfectionism can be expressed as the view that the rest of the world is okay and that i must not be. I think this can inform negative views on the self. LAck of genuine character and a suppression of who we really are - because are afraid of other people judging us.

Oshun_Blu (Moderator) That is such a super interesting insight, @HenryX Like 'Keeping Up with the Joneses' but in every area of life. Once you achieve something in one area, there is an expectation to keep to that level or higher. Hustle culture has always sounded downright exhausting to me, tbh

Girasole (PSW) True @HenryX , and it can be easily to believe that others have their lives in order or do a great job at everything when naturally people may only share (through e.g. social media) the things that go well for them... imagine if everyone was honest about all the mistakes they've made or how much they struggled when learning

TideisTurning (PSW) **Are your standards for yourself stricter or harsher than your standards of others? If so, can you give yourself some of the same grace you give to everyone else?**

The Hams I think lately i did a 180 and stopped caring what people thought but i have since found this can be form of perfectionism... similar to what HenryX says about reverse perfectionsim - because i am letting it rule my life. I am so fearful of seeming disingenuine and i end up being too strange

The Hams
its like its not a form of my
persona i have intergrated (she
Jungian shadow concept)

**TideisTurning
(PSW)**
I think you might have
touched on this earlier
@Zoe7! :)

teej
I guess that's one type of perfectionism I have @HenryX , thank you I hadn't
thought of it that way. I still have other perfectionist in traits like needing
something to be 'perfect' before others can see as well.

Zoe7
They are now the same
@TideisTurning (PSW) but have
not always been that way
Nope @TideisTurning (PSW) 😊. No grace for me! Praise
and encouragement for everyone else. I'm trying
teej
though to change that. Small steps.

Girasole (PSW)
There's no doubt I probably give others more grace than I do to myself. It's a lot more scary when faced with directly living with any potential
repercussions of not living up to high standards that might be expected or that we feel so strongly for ourselves. But I know there's absolutely no
reason why any of us (myself included) would be exempt from compassion and lowering our high expectations of ourselves, when we can admit
that everyone else shouldn't need to be so hard on themselves and suffer. We are "everyone else!"- We are people too on this planet. We do also
deserve self-compassion. Maybe we could deal with this when it comes up with some self-compassion exercises, or reaching out to someone or
a service we trust to help provide perspective and encouragement if we're struggling by ourself

**TideisTurning
(PSW)**
I feel you @teej. It can be harder to do for yourself.
Something that helps me is considering what I
might say to a loved one :)

**Oshun_Blu
(Moderator)**
I have always been my worst critic, and the things that my inner critic would say to *me* were always wayyyyy harsher than
anything I have said to others. Learning to become my biggest cheerleader instead of critic has taken a lot of work, and it's a
lifelong process...but I have more fun when my cheerleader is with me instead of my critic!

**Oshun_Blu
(Moderator)**
self-compassion, yes @Girasole (Peer Worker) . Such an important practice in
unlearning a lot of perfectionism traits. Sometimes I cannot access my
'cheerleader', and on those days I need self-compassion the most

The Hams

i think sometimes too that perfectionism can lead to expectations from others. Sometimes people think I have it all sorted out in life and I dont and so i either feel guilty or feel like i have let them down. This can then sometimes influence my behaviour and my attitude towards myself (where i begin thinking i am not good enough, lazy, weak etc etc)

Girasole (PSW)

@Oshun_Blu (Moderator) and any others with similar experiences, I'm wondering what helped in the process of your inner cheerleader becoming the louder voice in your head instead of the inner critic? ;)

A greater belief in 'being good enough' @Girasole (Peer Worker) and accepting that mistakes are not the end of the world but opportunities to learn for next time

Zoe7

...and a whole

Zoe7

heap of therapy lol

@The Hams I think that I connect with that a lot. I think it then sets in to be a vicious cycle. I must give off that 'confidence' vibe to others but it's the complete opposite.

teej

I think the process really started for me as a young adult where I kind of realised that the way I was speaking to myself was bringing me dangerously close to risky territories. My perfectionism/critic was left to run rampant for many years there, and it got very dangerous. Making a conscious effort to do

Oshun_Blu (Moderator)

things 'just for fun' and give myself opportunities to play (after not having many as a child) was helpful here

TideisTurning (PSW)

How could we challenge or harness perfectionism as it arises? Perhaps learning to recognise occasions before they arise and adjust expectations in advance?

Yep ditto @Zoe7 and a heap more therapy to

teej

come 😊

I think the key there @TideisTurning (PSW) is to recognise when we have to give our all and be 'perfect' and when to sit back and say - it is enough

Zoe7

And extending myself the grace to not be good at everything. Developing a relationship to my critic and understanding the ways that it was trying to protect me have given me the space to support that part of me and nurture that cheerleader part too

Oshun_Blu (Moderator)

The Hams

girasole i think its very easy to falsify confidence these days. I used to do it, but it only got me so far. I think eventually as time went by i realised it wasnt a way to live. So i have tried to inject genuine into the world. But they say that we can fake it til we make it. The trick is to make sure we make it

Shaz51
Actually @Zoe7 , Mr shaz
agree with you but
sometimes it is harder but

**TideisTurning
(PSW)**
Yes @Zoe7! That seems
like an excellent
approach! :)

**Oshun_Blu
(Moderator)**
yes @Zoe7 therapy has been
huge for me in this area too

Girasole (PSW)
It's certainly hard because its so ingrained, but I think realising where it comes from and why it comes up for is helpful to be able to next address it.
For me, I'm really trying to value the process of learning more than focusing on the end result. In this, I want to embrace the idea that mistakes are something fundamental to learning, growth, and the human experience. Not something to try and avoid at all costs; not tied up with my value as a person.
I think that to practice the recognition of perfection as an aspiration and not necessarily a requirement. Knowing what we would like the culmination of our efforts to look like and learning to be satisfied with a creditable outcome.

HenryX
Zoe7
As we say to our kids @Girasole
(Peer Worker) ...mistakes are an
opportunity to learn

**Oshun_Blu
(Moderator)**
One way I have tried to challenge my perfectionism is to notice when I stop having fun doing something that I am usually passionate about. When it stops being fun, I know it's time to reign it in or I will become like a dog with a bone and obsess over the result instead of the process
Absolutely
@Oshun_Blu
Zoe7
(Moderator)

**Oshun_Blu
(Moderator)**
teej
@Zoe7 love that, I feel like "mistakes are an
opportunity to learn" is not said enough these
days. Thank you for that reminder

For me I'm trying to address the "work" that has to go in to build the skills. Because I often give up so early thinking I'm useless I'm working on persisting with something even though every thing I produce I dislike still I'm working on understanding it's all a process, and that process is for me and not others.

Zoe7
It is a bit like night and day @Oshun_Blu (Moderator) - we cannot appreciate one without the other

teej
Sorry my last post was a jumbled imperfect mess

Oshun_Blu (Moderator)
@teej absolutely. allowing yourself the grace and space to nourish the process is so important.
Not at all @teej ...I think we all here speak Teej

Zoe7 😊

Oshun_Blu (Moderator)
@teej I am definitely picking up what you're putting down, very well articulated

teej
Thank goodness @Zoe7 That last post looked like I'd had a bit to drink 😊

Zoe7
I must have drunk the same then Hon @teej lol

TideisTurning (PSW)
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?

The Hams
question for everyone - what can we do ?

The Hams
in terms of fighting perfectionism ?

TideisTurning (PSW)
@The Hams I think developing an awareness of when perfectionistic tendencies might naturally emerge, where these may be helpful and allowing those perfectionistic tendencies to guide a little in moments where it might be helpful or serve me. Where perfectionistic tendencies aren't helpful or when they don't serve me, I find what helps me challenge them is reminding myself that I always do my best, and that my best is enough, even

when and though it may not feel that way.

Zoe7 I think it is a process so many of us have had to go through/face and we cannot always do that alone. It requires a lot of self reflection as well as changing our mindset. Often that has come about because of the experiences we have had or outside pressure but we have internalised that as having to be a 'perfectionist' whereas it is only ourselves that usually see that. Just reflecting now- I think hearing how others relate to these experiences, and reflecting on all the different ways

Girasole (PSW) I've felt pressure related to perfectionism in culture and society throughout my life (e.g. standardised testing in education, competitive sport, etc.) - it helps me give myself a bit of grace
Oshun_Blu (Moderator) @The Hams I think that for me, balancing out perfectionism has meant seeking out chances to be imperfect and be messy. Actively seeking out things that I am bad at--and doing them to be bad at them! Sitting with that feeling and reminding myself that this feeling is okay to have has been really important for me. Of course, no one is perfect (pun v much intended ;)) and this approach doesn't always work...but it can interrupt the cycle sometimes

teej I think @The Hams its just accepting that it's a societal thing that keeps the pressure on us if we allow it. I think too in the right situation having those vulnerable conversations about it with those you trust might help openness and understanding.

TideisTurning (PSW) One takeaway for me has been more consideration of the effects perfectionism coming from different sources can have.

The Hams @teej i think you are right - its a societal thing and it keeps pressure on us if we allow it

teej I like that response
@Oshun_Blu (Moderator)

Oshun_Blu (Moderator) And in terms of my takeaways, hearing about everyone's experiences in becoming aware of, sitting with, and exploring these traits has been wonderful. Perfectionism is something that often isn't openly talked about except to make jokes or frame it as a desirable quality. When we gather to share these things, we can begin to create new ways of being that step out of cycles of perfectionism
yeed

The Hams @Oshun_Blu

TideisTurning (PSW) **Tonight's topic may have brought up some heavy feelings as we talked about the pressures and struggles perfectionism can bring. Would some self-care be helpful for you after we finish? If so, what might you do? 😊**

Girasole (PSW) I've really enjoyed hearing everyone's experiences and it's been good to feel that I'm not alone. I think that having a chance to talk about it is so important if we're ever going to get anywhere with it :) I've got some ideas going forward about thinking about what my inner critic voice might be trying to say, addressing that by practising more self-compassion, and embracing the process of learning by doing more things I'm new at where I know I won't be "good" (but that's ok if I'm having fun!)

Zoe7 Nah @TideisTurning (PSW) Work for me now ...but it doesn't have to be perfect lol

Oshun_Blu (Moderator) I think tonight will be a bit of a gaming night for me. Video games are a way that helps me to release perfectionism because you get to have loads of chances when something doesn't go right. It's pure imagination and nothing else!

teej @The Hams just to let you know that pressure is real and not too easy to sit with says me who has become a hermit because of it. I'm hoping to change that this year a bit more

Girasole (PSW) My plan is to try and wind down a bit early and get a good night's sleep. I haven't slept super well for a couple of nights now so I need to address that. Maybe a nice (caffeine-free) tea before bed too :)
Shaz51 Cup of coffee here

TideisTurning (PSW) [We'd like to invite you to complete a survey reflecting on your experience in this Peer Group Chat. As we're trialling this service, we'd love to hear any feedback you may have. It will only take a few minutes to complete. Please click this link: https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW](https://sane.au1.qualtrics.com/jfe/form/SV_5uUF0sHJRKQ6wyW)

Zoe7 Hope tonight is better for you
@Girasole (Peer Worker) 
all good @teej sometimes hermit pays dividends
so long as we are keeping a sound mind. Time to hit reset in other words

The Hams Fingers crossed for a good night
sleep tonight @Girasole (Peer Worker)

Shaz51 Thank you
@Zoe7! :heart

Girasole (PSW) :

The Hams I will go and watch another episode of The Last Kingdom Series 5 and have a muffin with ice cream.

Girasole (PSW) and @Shaz51 !

teej 🍷🍌🍌👏

Oshun_Blu (Moderator) a muffin with ice cream sounds so delish, @The Hams !

The Hams shoutout to the forumites and peer support workers too. I am finding these live chats are very helpful and thanks for doing them. Life is weird and hard atm but this is a good space

TideisTurning (PSW) Here are some further resources we recommend having a look at: 1: How perfectionism through a need for validation from others can come from trauma <https://www.pacesconnection.com/blog/the-trauma-response-of-fawning-aka-people-pleasing-part-one> 2: Would we be happier if we embraced being average? <https://www.positive.news/lifestyle/wellbeing/would-we-be-happier-if-we-embraced-being-average/> 3: Unlearning perfectionism <https://www.mattgrigsby.com/unlearning-perfectionism/>

The Hams well half - my sister got it and wants to split it

haha

Yummy

Shaz51 @Oshun_Blu (Moderator)

Oshun_Blu (Moderator) It has been so wonderful to be here with you all! I adore getting to hang out in these spaces with you!

Shaz51 Awww @Oshun_Blu (Moderator) , great being with with you and everyone here

TideisTurning (PSW) [Thank you for joining, and we hope you enjoyed the discussion 😊 If you'd like to be informed when our next Peer Group Chat will be taking place, you can sign up to our mailing list here https://www.sane.org/peer-support/online-mental-health-meet-up. You can also ask questions for us to discuss in future peer chats! :\)](#)

HenryX Thank you for this evening's facilitation of the topic, I have enjoyed the discussion with everyone. Good night, HenryX

Girasole (PSW)
Oshun_Blu
(Moderator)

TideisTurning
(PSW)

Thank you so much to everyone for being here and being part of this! It was such a great discussion tonight and that's thanks to you all for sharing your thoughts and experiences! :)

G'night, all!

Thanks again <3

Thank you so much everyone for your contributions and sharing this space with us :)