

# 4 THINGS YOUR PERFECTIONIST CHILD REALLY NEEDS TO FEEL LOVED AND WORTHY

## 1 THEY NEED MESSAGES OF SELF-ACCEPTANCE AND WORTHINESS

- ★ "You belong here just as you are."
- ★ "Everyone experiences hard and scary things. You can ask for help."
- ★ "You can do hard things!"
- ★ "'Good Enough' gets the job done!"

## 2 THEY NEED TO FOCUS ON INTERNAL INQUIRY INSTEAD OF EXTERNAL FEEDBACK

- ★ "What does your gut say?"
- ★ "What is a realistic and achievable goal?"
- ★ "How do you think you did? / What do you think about that?"
- ★ "There are many ways to do it, which do you want to try first?"

## 3 THEY NEED CONNECTION

### Weekly check-in:

- ★ "What was challenging?"
- ★ "What did you do well?"
- ★ "What did you do for yourself?"
- ★ "What felt good to do for others?"

## 4 THEY NEED SAFE SPACES FOR SELF-EXPLORATION WITHOUT JUDGMENT

### Get creative together:

- ★ Sing
- ★ Dance
- ★ Be goofy
- ★ Write
- ★ Make art
- ★ Play games
- ★ Make a mess

### Avoid 'constructive criticism' instead notice and ask questions:

- ★ "I see a lot of red in your picture. What is that character feeling?"
- ★ "I enjoyed that! What do we need to do to clean up?"



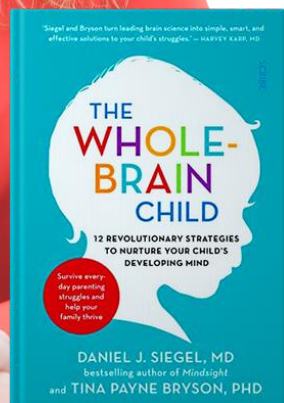
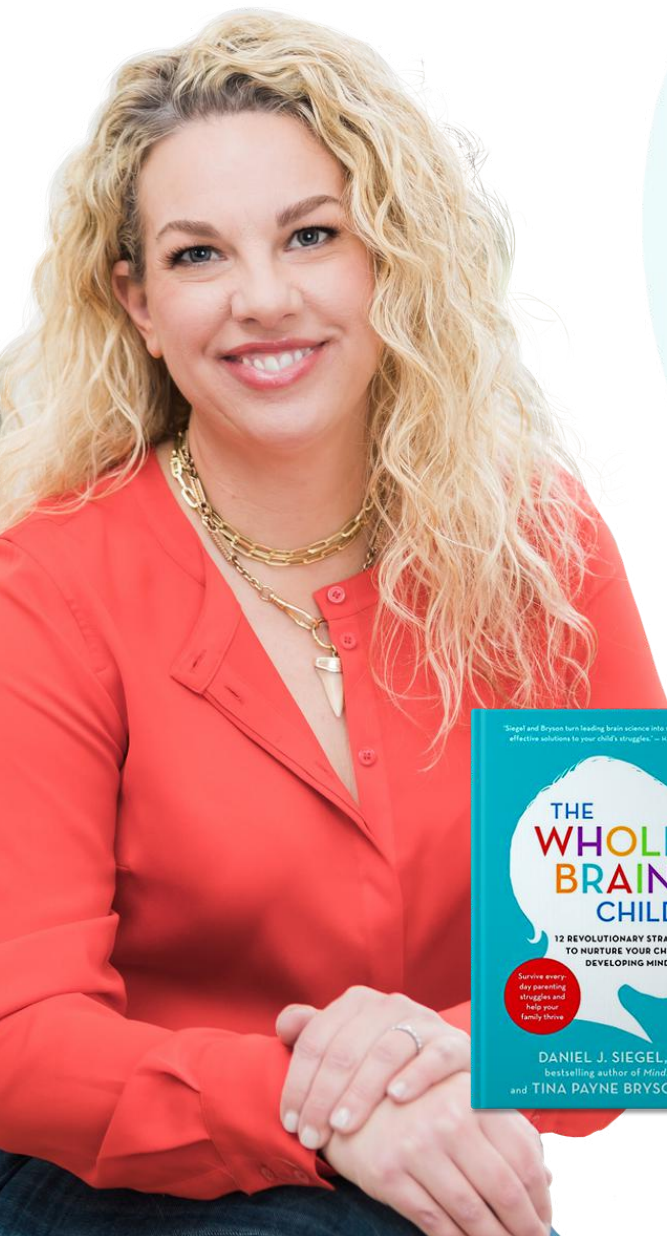
YOU'RE INVITED!

# HELP YOUR PERFECTIONIST CHILD TURN ANXIETY INTO CONFIDENCE

LIMITED-EDITION  
MASTERCLASS

by: Tina Payne Bryson *phd*  
&  
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