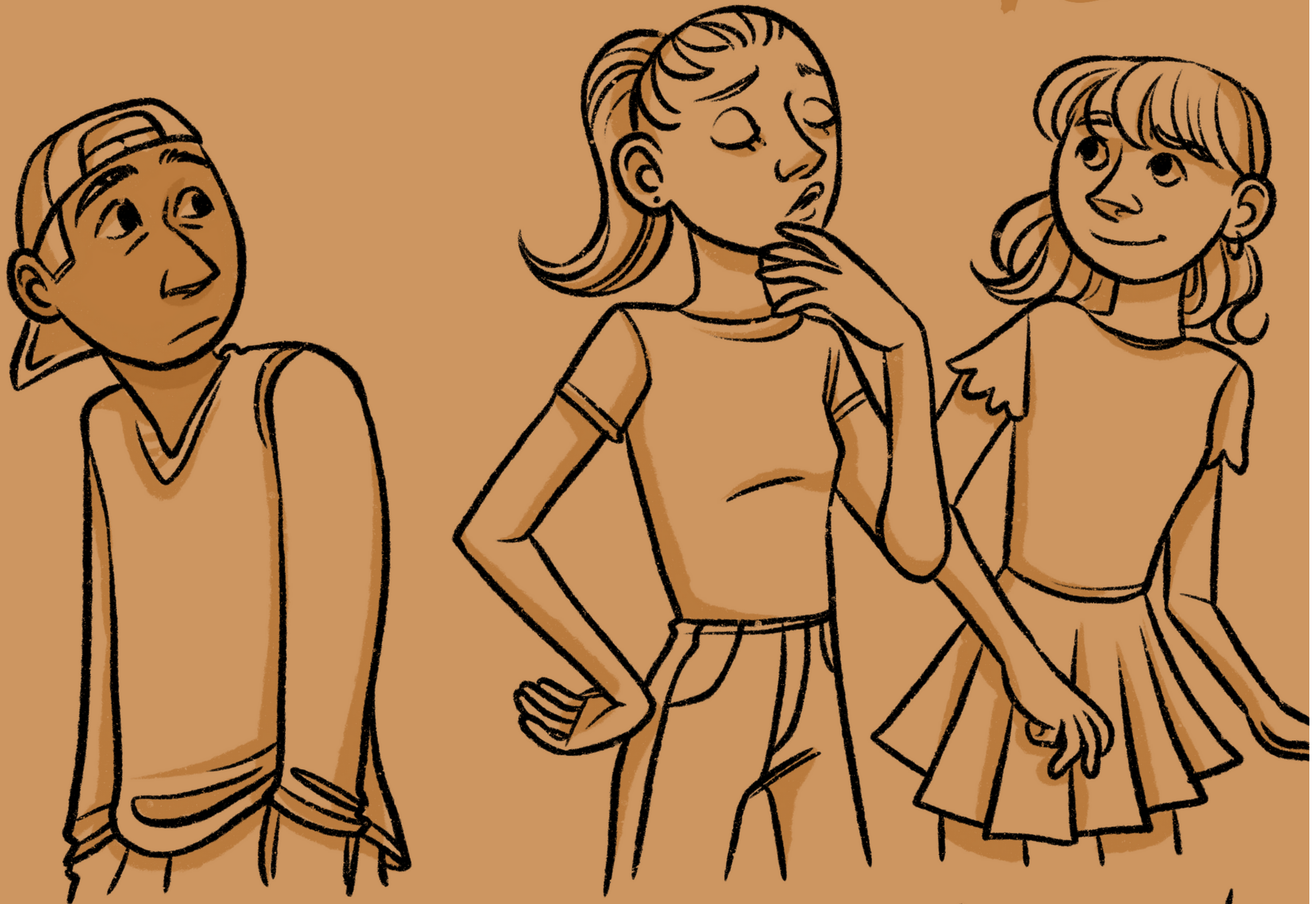


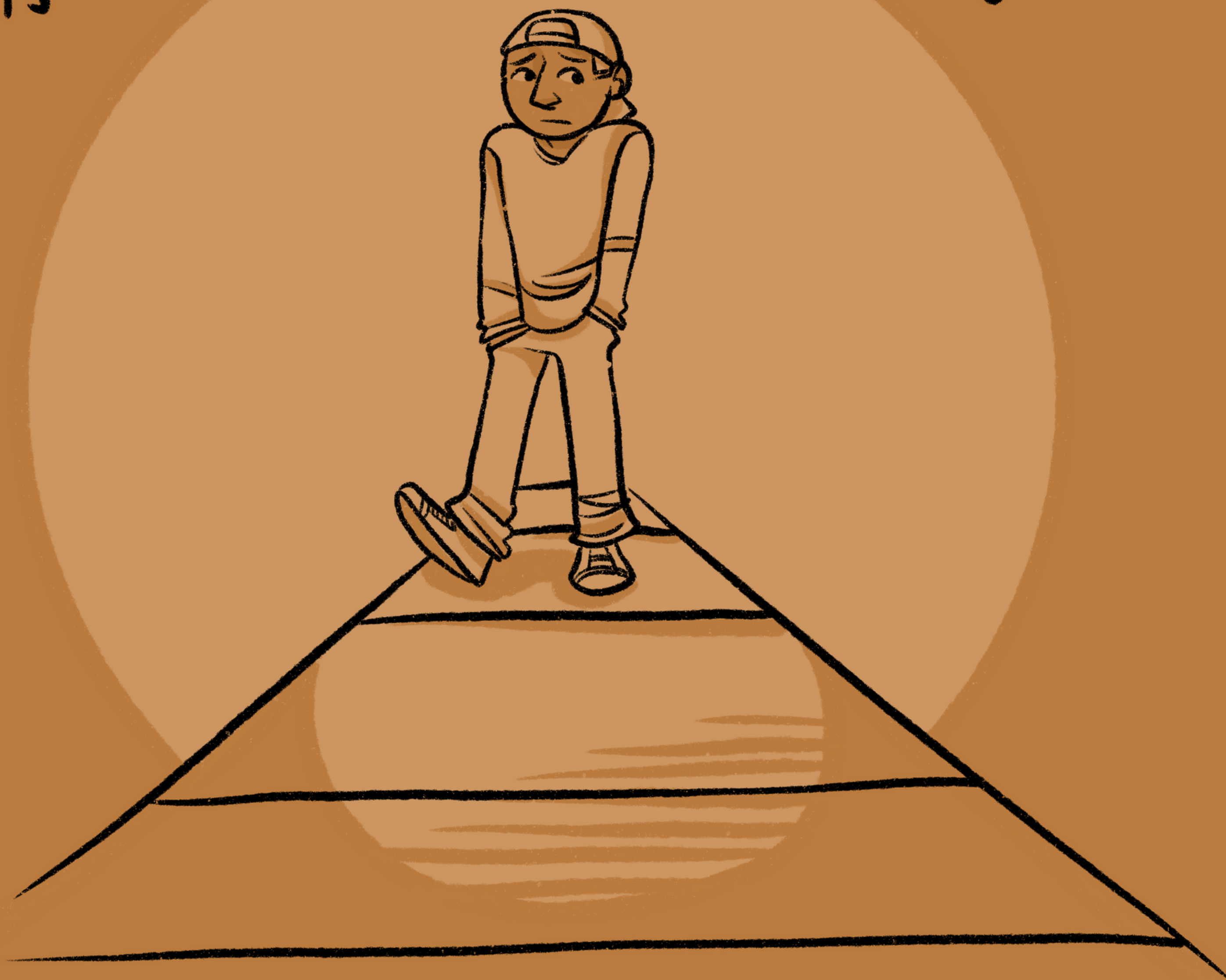
You hear it all the time.

flow



"Oh, I'm such a perfectionist!"

Yeah, it's pretty normal to want things to be just so, but perfectionism in its purest form is a lot more crippling.



Like the fear of
staring at a
blank page &
just knowing you're
gonna mess up
somehow.





And so you can just sit there,
stuck, not making a mark
and stewing in the fear of
screwing up.



And then,
if you have a
moment of bravery
to step out but you
immediately make a mistake...

Then come the negative thoughts
with no mercy.

STUPID

IT WAS SO SIMPLE AND
YOU STILL MESSED UP

YOU CAN'T DO ANYTHING
RIGHT

IDIOT



Those thoughts lead to other thoughts, & suddenly you're drawing **HUGE** conclusions about yourself



maybe I really am an idiot who can't do anything right.

All because you didn't do something "perfectly."

Mistakes are a big part of what makes us human. They're unavoidable (unfortunately).



So, the first & one of the biggest steps of popping that perfectionist bubble...

... is accepting those mistakes
and working with them.

