



# Perfectionism with Patricia Charpentier

## Perfectionism is defined as:

- a propensity for being displeased with anything that is not perfect or does not meet extremely high standards
- a disposition to regard anything short of perfection as unacceptable

**Anne Lamott**, author of [\*Bird by Bird: Some Instructions on Writing and Life\*](#) says this about perfectionism:

Perfectionism is the voice of the oppressor, the enemy of the people. It will keep you cramped and insane your whole life, and it is the main obstacle between you and a shitty first draft.

Anne Lamott maintains that you must **give yourself the freedom to write:**

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## Three ways to deal with perfectionism

1.
2.
3.

## Assignment

Write a paragraph or two on any topic but make it the worst written text you've ever created. Let it be terrible. You will likely find it difficult to write poorly, and that alone should convince you that you are a better writer than you give yourself credit for. Share your awful paragraph on the assignments board with us and tell us what makes it so awful.