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Perfectionism and Happiness: Reflection and Path from the Perspective of Positive Psychology

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Abstract: In today's highly competitive social environment, perfectionism, as a psychological trait, has gradually permeated people's study, work, and interpersonal relationships. However, the relationship between perfectionism and the happiness and achievement that people expect is not always positive. This article conducts a psychological analysis of perfectionism and, from the theoretical perspective of positive psychology, explores the roots of perfectionism and its profound impact on individual well-being. Essentially, perfectionism is a "disabling fear of failure," and the "pursuit of excellence" schema advocated by positive psychology provides an effective path to overcome this psychological obstacle.

Keywords: Perfectionism; Positive Psychology; Well-being; Pursuit of Excellence; Self-acceptance

I. Introduction: Modern Society and the Prevailing of Perfectionism

In this era that emphasizes efficiency and achievement, people are accustomed to setting extremely high standards for themselves as the basis for measuring personal value. Especially under the dual pressures of education and the workplace, perfectionism has become a psychological tendency that is tacitly approved or even highly regarded. However, this endless pursuit of "perfection" brings about anxiety, depression, and a loss of happiness. As the positive psychologist Taylor said, "

Perfectionism is not simply the pursuit of excellence; it is more a fear of failure, especially in the areas this study care about the most." This fear not only causes individuals to bear tremendous psychological pressure when pursuing goals but also leads them to hold back and even fall into a vicious cycle of self-denial when facing failure. After a review of the concept of perfectionism, exploring its definitions, implications, and impacts on individuals and society, perfectionism might be a multifaceted psychological construct characterized by a person's desire to achieve flawlessness and set excessively high standards for themselves and others.

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It can be broadly categorized into two types: 1. Adaptive Perfectionism: This type involves striving for excellence while maintaining a healthy balance. Individuals may set high standards but also exhibit resilience and self-compassion. They are often motivated by personal growth and achievement rather than fear of failure. 2. Maladaptive Perfectionism: In contrast, maladaptive perfectionism is marked by a fear of failure, harsh self-criticism, and an inability to accept mistakes. Individuals may feel chronic dissatisfaction with their achievements and experience anxiety, depression, and burnout as a result.

At the same time, the "pursuit of excellence" concept advocated by positive psychology emphasizes the value and growth that individuals experience in the process of effort. It believes that failure is not the end but an opportunity for feedback and learning. This article attempts to explore in-depth the nature and psychological mechanism of perfectionism and, within the theoretical framework of positive psychology, seek ways to help individuals break free from the perfectionism dilemma and achieve internal happiness and continuous growth.

In fact, in the pursuit of perfectionism, individuals often embark on a journey that can be both rewarding and challenging. Here's a closer look at the dynamics of this pursuit and its potential implications.

Positive Aspects of Pursuing Perfectionism includes

High Standards: Perfectionists strive for excellence, which can lead to high-quality work and achievements.

Attention to Detail: The pursuit of perfection often involves meticulous attention to detail, which can be beneficial in fields that require precision and accuracy.

Goal-Oriented: Perfectionists are typically highly motivated and goal-oriented, which can drive them to accomplish significant tasks.

Continuous Improvement: The quest for perfection can inspire a commitment to continuous learning and self-improvement.

Strong Work Ethic: Perfectionists often exhibit a strong work ethic, putting in the time and effort necessary to excel.

Negative Aspects of Pursuing Perfectionism includes

Stress and Anxiety: The pressure to be perfect can lead to chronic stress and anxiety, which can negatively impact mental and physical health.

Fear of Failure: Perfectionists may have an intense fear of failure or making mistakes, which can hinder risk-taking and personal growth.

Procrastination: The desire to do everything perfectly can lead to procrastination, as individuals may delay starting tasks for fear of not meeting their own high standards.

Self-Criticism: Perfectionists can be overly critical of themselves, leading to feelings of inadequacy and low self-esteem.

Social Isolation: The pursuit of perfection can sometimes lead to isolation, as individuals may prioritize work over social activities and relationships.

Burnout: The relentless drive for perfection can result in burnout, where individuals become physically and emotionally exhausted.

For a Healthier Pursuit of Perfectionism, key factors includes

Balance: Strive for balance between work and personal life to avoid burnout and maintain overall well-being.

Realistic Expectations: Set realistic goals and expectations for yourself. Understand that perfection is often unattainable and that mistakes are a natural part of the learning process.

Progress over Perfection: Focus on progress rather than perfection. Celebrate the small steps and improvements along the way.

Mindfulness: Practice mindfulness to stay present and focused on the task at hand, rather than worrying about the end result.

Self-Compassion: Treat yourself with kindness and understanding when you don't meet your own high standards.

Seek Feedback: Welcome constructive feedback as a tool for growth rather than a critique of your abilities.

Learn from Mistakes: View mistakes as learning opportunities rather than failures. Analyze what went wrong and how you can improve.

Delegate: Learn to delegate tasks to others to reduce the burden of trying to do everything perfectly on your own.

Professional Help: If the pursuit of perfectionism becomes detrimental to your mental health, consider seeking help from a therapist or counselor.

By understanding the nuances of the pursuit of perfectionism and implementing strategies to maintain a healthier approach, individuals can harness the positive aspects of their perfectionistic tendencies while mitigating the negative effects.

II. The Essence and Psychological Roots of Perfectionism

Mental hygiene refers to practices that contribute to the maintenance of good mental health and prevention of mental illness. When discussing the mental hygiene of perfectionism, team of this paper are looking at strategies and attitudes that can help individuals manage their perfectionistic tendencies in a way that promotes psychological well-being. Here are some key points to consider for the mental hygiene of perfectionism:

Self-Awareness: Recognize and understand one's perfectionistic traits. This includes being aware of the standards one sets and the impact these standards have on one's mental health. **Setting Realistic Goals:** Perfectionists often set unattainably high goals. It's important to set goals that are challenging yet achievable. This helps prevent feelings of failure and disappointment. **Flexible Thinking:** Encouraging a mindset that allows for multiple ways to accomplish a task or to view outcomes. This can reduce the pressure to do things in a single "perfect" way. **Embracing mistakes:** Learning to see mistakes as the opportunities for growth rather than failures. This can help reduce the anxiety associated with making errors. **Practicing Self-Compassion:** Treating oneself with kindness when facing setbacks or when one's work is not up to one's usual high standards. **Time Management:** Learning to prioritize tasks and manage time effectively to avoid the last-minute rush to meet unreasonably high standards. **Seeking support:** Sharing feelings and experiences with friends, family, or a therapist can provide perspective and relief from the pressures of perfectionism. **Mindfulness and Relaxation Techniques:** Engaging in mindfulness meditation or relaxation exercises can help perfectionists manage stress and anxiety. **Celebrating progress:** Focusing on what have been achieved rather than solely on what remains to be done. Celebrating small wins can reinforce a positive sense of accomplishment. **Challenging Perfectionistic Thoughts:** Using cognitive-behavioral techniques to identify and challenge irrational beliefs related to perfectionism, such as "I must never make a mistake." **Physical Activity:** Regular physical exercise can improve mental health by reducing stress and anxiety, which are often associated with perfectionism. **Healthy Eating and Sleep:** Maintaining a balanced diet and a regular sleep schedule can support overall mental health and resilience against the negative effects of perfectionism.

By incorporating these practices into one's daily life, individuals with perfectionistic tendencies can work towards maintaining a healthier mental state and prevent the negative psychological outcomes that can be associated with perfectionism, such as anxiety, depression, and burnout.

According to the psychological Implications, perfectionism can have profound effects on mental health. While the drive for excellence can motivate individuals to achieve their goals, maladaptive perfectionism is linked to various psychological issues, including: **Anxiety Disorders:** The pressure to meet unrealistically high standards can lead to significant anxiety, especially in performance-oriented situations. **Depression:** Chronic dissatisfaction with one's achievements can contribute to feelings of worthlessness and hopelessness. **Eating Disorders:** There is a notable correlation between perfectionism and eating disorders, as individuals may strive for an idealized body image. **Burnout:** The relentless pursuit of perfection can lead to physical and emotional exhaustion, particularly in

high pressure environments such as workplaces or academic settings. **Social and Cultural Factors:** Perfectionism is often influenced by societal and cultural expectations. In many cultures, success is defined by achievement and the appearance of flawlessness. Factors such as family dynamics, social media, and workplace culture can exacerbate perfectionistic tendencies. For instance, **Social Media:** The curated lives portrayed on social media platforms can lead individuals to compare themselves unfavorably to others, fostering feelings of inadequacy and perfectionistic strivings. **Parental Expectations:** Children raised in environments where success is heavily emphasized may develop perfectionistic tendencies as a way to gain approval and avoid criticism. **Coping Strategies and Interventions:** Addressing maladaptive perfectionism involves various coping strategies and therapeutic approaches. **Cognitive Behavioral Therapy (CBT):** This approach helps individuals challenge and reframe their perfectionistic beliefs, fostering healthier thought patterns and behaviors. **Self-Compassion Practices:** Encouraging self-kindness and acceptance of imperfection can reduce the harsh self-criticism associated with perfectionism. **Goal Setting:** Setting realistic and achievable goal, rather than striving for unattainable perfection, can help individuals feel a sense of accomplishment and reduce anxiety. Therefore, Perfectionism is a complex construct that can drive individuals toward success but can also lead to significant psychological distress when taken to extremes. Understanding the distinction between adaptive and maladaptive perfectionism is crucial for fostering a healthier mindset. By promoting self-compassion and realistic goal-setting, individuals can learn to embrace their imperfections and lead more fulfilling lives. Addressing the societal pressures that contribute to perfectionistic tendencies is also essential for creating environments that prioritize well-being over unattainable standards.

Perfectionism is not simply the pursuit of high standards but is associated with a specific cognitive pattern and emotional experience. Perfectionists often exhibit a black-and-white thinking pattern when facing goals, that is, "either perfect or worthless." This thinking pattern makes them unable to tolerate any performance that deviates from expectations, thus forming an extreme fear of failure.

Some people say that perfectionism is a disabling fear of failure that pervades our lives, especially in the areas we care about the most. "Disabling" does not only refer to the fear of failure. No one is afraid of failure, nor will they not feel embarrassed and depressed because of failure. Fear of failure is human nature and, therefore, inevitable. However, the disabling fear of failure is a fear that makes us hold back when facing problems. This "disabling fear" not only limits the action ability of perfectionists but also prevents them from enjoying the process of pursuing goals.

The formation of perfectionism is closely related to social culture. From the perspective of psychological development, family education plays a crucial role in shaping perfectionism. Research shows that individuals who are overly protected or held to high standards in the family are more likely to develop perfectionist tendencies. When parents overly emphasize achievement and ignore the child's effort process, children often link their self-worth to the outcome and believe that only by achieving certain goals can they gain recognition. In addition, the achievement-oriented culture in the social environment further reinforces this perception. From school to the workplace, the result-oriented evaluation system makes people gradually internalize the concept that "achievement is value" and overlook the significance of the process and the value of effort.

However, perfectionism not only stems from the pressure of the external environment but is also closely related to an individual's self-perception. Perfectionists often have a strong tendency towards self-criticism. They cannot accept their own imperfections and are, therefore, often in a state of high self-doubt and anxiety. In addition, perfectionists are highly defensive towards criticism because any negative feedback is seen by them as a denial of their self-worth. This high degree of defensiveness makes it difficult for them to accept external suggestions and also hinders their possibility of learning and growing from failure.

III. The Relationship between Perfectionism and Happiness

Happiness is a complex and multifaceted concept that can vary greatly from person to person. Here are some key issues and topics related to happiness.

Subjectivity of Happiness: Happiness is highly subjective; what makes one person happy may not have the same effect on another. This subjectivity makes it challenging to define or measure happiness universally.

Cultural Differences: Different cultures have varying definitions and expressions of happiness. For example, collectivist societies might prioritize community and familial relationships, while individualistic societies might emphasize personal achievement and self-fulfillment.

Impact of External Factors: Economic status, social relationships, health, and environment can significantly influence happiness. Issues like poverty, discrimination, and lack of access to resources can create barriers to happiness for many individuals.

Mental Health: Mental health issues, such as depression and anxiety, can severely impact a person's ability to experience happiness. Addressing these issues is crucial for improving overall well-being.

The Pursuit of Happiness: The societal pressure to be happy can lead to feelings of inadequacy or failure. Many people chase happiness through material wealth, social status, or relationships, often to find that these do not lead to lasting fulfillment.

Hedonic Adaptation: People often return to a baseline level of happiness after positive or negative events, a phenomenon known as hedonic adaptation. This can make it difficult to maintain happiness over time, as individuals may quickly become accustomed to new circumstances.

The Role of Relationships: Social connections are often cited as one of the most significant contributors to happiness. However, issues like loneliness, social isolation, and toxic relationships can hinder happiness.

Work-Life Balance: The balance between work and personal life is crucial for happiness. Overemphasis on work can lead to stress and burnout, while fulfilling work can enhance life satisfaction.

Philosophical Perspectives: Different philosophical traditions offer varying views on happiness. For example, utilitarianism emphasizes maximizing pleasure and minimizing pain, while Stoicism advocates for inner peace and virtue as pathways to happiness.

Happiness Economics: Economists study happiness to understand how factors like income, employment, and economic policies affect well-being. There is ongoing debate about the effectiveness of using GDP as a measure of societal well-being.

Technology and Happiness: The impact of technology, social media, and constant connectivity on happiness is a growing area of concern. While technology can foster connections, it can also lead to comparison, anxiety, and dissatisfaction.

Mindfulness and Happiness: Practices like mindfulness and meditation are gaining attention for their potential to enhance happiness by promoting awareness, acceptance, and emotional regulation.

Inequality and Happiness: Socioeconomic inequality can lead to disparities in happiness levels across different groups. Addressing systemic issues is essential for improving overall societal happiness.

Resilience and Coping: The ability to cope with challenges and bounce back from adversity is critical for maintaining happiness. Building resilience can help individuals navigate life's ups and downs more effectively.

Long-term vs. Short-term Happiness: There is a distinction between short-term pleasures and long-term contentment. Understanding this difference can help individuals set realistic goals for their happiness.

Understanding these issues can help individuals and societies create environments that foster happiness and well-being. The impact of perfectionism on happiness varies by type: socially prescribed perfectionism is prone to causing anxiety and depression, leading to a decrease in happiness; while self-oriented perfectionism can enhance happiness when moderate but can be counterproductive when excessive.

When perfectionists pursue goals, although they can show strong motivation, this motivation is often based on anxiety and fear. Under long-term high pressure, individuals are more likely to experience psychological problems such as anxiety and depression, and happiness decreases accordingly.

At the same time, Hewitt and Flett further divided perfectionism into "self-oriented perfectionism" and "socially prescribed perfectionism." Socially prescribed perfectionism

refers to individuals feeling the perfection requirements from the outside world, believing that others expect them to reach extremely high standards, and fearing being criticized or denied because they cannot meet these standards.

This type of perfectionism is usually associated with lower happiness. Hewitt's research shows that socially prescribed perfectionism is closely related to negative emotions such as anxiety, depression, and self-doubt because individuals are overly concerned about external evaluations and are prone to stress and insecurity.

When individuals cannot meet these external expectations, feelings of frustration and self-denial further reduce subjective well-being. Self-oriented perfectionism means that individuals set high standards for themselves and have high requirements for their own performance.

The relationship between this type of perfectionism and happiness is more complex. Moderate self-oriented perfectionism is often associated with positive psychological outcomes, such as a stronger sense of achievement, motivation, and self-efficacy, thus enhancing happiness. However, if self-oriented perfectionism is too extreme, individuals may fall into the trouble of self-criticism and excessive pursuit of perfection, leading to anxiety and emotional exhaustion and, instead, affecting happiness. Therefore, the impact of self-oriented perfectionism on happiness has a "moderation effect," that is, moderate pursuit of high standards is positive, but excessive pursuit will have a negative impact.

In contrast, the concept of happiness advocated by positive psychology emphasizes the meaning of the process and internal satisfaction. Seligman proposed that true happiness comes from the positive emotions and growth that individuals experience in the process of pursuing meaningful goals. Perfectionists, due to their excessive focus on results, overlook the small gains in the process and, therefore, cannot experience this internal happiness.

Wherever the interaction between happiness and perfectionism is complex and can be understood from various psychological and philosophical perspectives. Here's how these two concepts might intersect.

Happiness is a mental or emotional state of well-being which can be defined by positive or pleasant emotions ranging from contentment to intense joy. Perfectionism is a personality trait characterized by an individual's striving for flawlessness and setting excessively high performance standards, accompanied by critical self-evaluations and concerns regarding others' evaluations.

Perfectionism can drive individuals to achieve high levels of success and to produce high-quality work. This can lead to a sense of accomplishment and pride, which can contribute to happiness. It can also foster a sense of discipline and commitment, which are valued in many aspects of life and can be rewarding.

Perfectionism can lead to chronic stress and anxiety as individuals struggle to meet their own unrealistic standards. It can also result in a fear of failure or making mistakes, which can prevent individuals from trying new things or taking risks that might lead to growth and happiness. Perfectionists may have difficulty celebrating their achievements, always focusing on what wasn't done perfectly, which can impede happiness.

When perfectionism is adaptive, it can enhance happiness. This occurs when individuals have high standards but also have the flexibility to be satisfied with their efforts and outcomes, and they can learn from their mistakes.

When perfectionism is maladaptive, it can significantly reduce happiness. This is when the pursuit of perfection becomes all-consuming, and individuals are unable to find satisfaction in their achievements or experiences.

In summary, while there is a potential for perfectionism to contribute positively to happiness, it is often the case that the drive for perfection can overshadow the ability to experience joy and contentment.

Finding a balance between striving for excellence and maintaining a healthy perspective on one's achievements is key to navigating the interaction between happiness and perfectionism.

IV. The "Pursuit of Excellence" Schema from the Perspective of Positive Psychology

Positive psychology is a branch of psychology focused on understanding and promoting factors that contribute to human well-being and happiness. It emphasizes strengths, virtues, and positive experiences rather than solely focusing on mental illness or negative aspects of human behavior. Here's an overview of the process of positive psychology, including its principles, interventions, and applications: Foundational Principles of Positive Psychology. Focus on Strengths: Positive psychology emphasizes identifying and cultivating individual strengths and virtues rather than just treating weaknesses or disorders. Well-Being Theory: This theory posits that well-being consists of five elements, often referred to by the acronym PERMA: Positive Emotion: Experiencing joy, gratitude, and other positive feelings. Engagement: Being deeply involved or engaged in activities that are fulfilling. Relationships: Building and maintaining strong, supportive relationships with others. Meaning: Finding purpose and meaning in life through connections to something greater than oneself. Accomplishment: Pursuing and achieving goals, fostering a sense of achievement and mastery. Assessment of Well-Being, Measures of Well-Being: Various tools and assessments help individuals and researchers measure well-being, including: The Satisfaction with Life Scale (SWLS), The Positive and Negative Affect Schedule (PANAS), The Flourishing Scale, Interventions in Positive Psychology, Strengths-Based interventions: Activities designed to help individuals identify and utilize their strengths, such as the Values in Action (VIA) survey. Gratitude Practices: Exercises like keeping a gratitude journal or writing letters of gratitude to enhance positive emotions. Mindfulness and Meditation: Techniques that foster awareness and presence, which can lead to improved emotional regulations and increased positive experiences. Goal Setting and Achievement: Encouraging individuals to set meaningful goals and develop plans to achieve them, which can enhance a sense of accomplishment. Positive Relationships: Interventions aimed at improving social connections, such as fostering empathy, active listening, and communication skills.

The process of positive psychology involves understanding human strengths and well-being, implementing interventions to enhance positive experiences, and applying these principles across various domains of life. By focusing on what makes life fulfilling and meaningful, positive psychology aims to enhance individual and collective well-being.

Positive psychology provides a new way of thinking to overcome perfectionism, that is, the concept of "pursuit of excellence." Unlike perfectionism, the pursuit of excellence does not mean that individuals give up high standards or ambitions but makes key adjustments at the cognitive and action levels. People who pursue excellence can accept the detours in reality, view failure as an opportunity for feedback and growth, and look at the process in a dynamic and flexible way.

Perfectionists tend to overgeneralize, exaggerate problems, and see things in black and white. They think they are either perfect or worthless. For perfectionists, there is no self-acceptance. For those who pursue excellence, they can accept the various detours in reality. There is no shortcut to instant success.

They can accept personal failure and accept themselves as a whole. For perfectionists, there is only one way that is suitable, fixed, and unchangeable. There is no room for improvement, no deviation, no problems, and no mistakes. There is only one way, not a more dynamic, flexible, and spontaneous process and journey, and they prove themselves through actions.

Perfectionists fear failure, fearing the failure of seeing themselves as losers in their hearts and also fearing that others will see them as losers. They just want to maintain the illusion of perfection and do not view failure as feedback. Perfectionists only think about how to reach point B. They only focus on this and are only concerned with the goal. Everything else is unimportant. But for those who pursue excellence, both the journey and the destination are part of success.

Such differences in schema lead perfectionists to often only feel continuous pressure in the process of striving for success. Only when they achieve their goals will they feel unprecedented ease. This is a typical profit seeker. The question is: What kind of life do we want? A person who pursues excellence will not give up their ambition or the entire journey. People who pursue excellence not only focus on short-term relaxation but also long-term satisfaction. Yes, there will be ups and downs in life, but they can also enjoy every day of the journey. In the university experience, having a delicious meal with friends, reading the works of famous authors, and valuing such experiences instead of ignoring them, not seeing these as ordinary things that author has to experience for the ultimate goal of success.

The "Pursuit of Excellence" schema is a concept that can be interpreted through the lens of positive psychology, which is the scientific study of what makes life worth living, focusing on strengths rather than weaknesses, and aiming to enhance well-being and flourishing.

Here's how the "Pursuit of Excellence" might be viewed from the perspective of positive psychology: **Meaning and Purpose:** Positive psychology posits that the pursuit of excellence is often intertwined with a person's search for meaning and purpose in life. Striving for excellence in one's work, relationships, or personal growth can provide a sense of direction and fulfillment. **Flow:** Mihaly Csikszentmihalyi's concept of flow is central to positive psychology. The pursuit of excellence can lead individuals to experience flow, a state of complete absorption and enjoyment in the activity at hand. This optimal experience is often achieved when there is a balance between challenge and skill. **Growth Mindset:** Carol Dweck's idea of a growth mindset fits within the pursuit of excellence. It suggests that individuals who believe their abilities can be developed through dedication and hard work tend to achieve higher levels of excellence because they embrace challenges and persist in the face of setbacks. **Character Strengths:** Positive psychology emphasizes the use of character strengths, which are the virtues that individuals possess to varying degrees. Pursuing excellence involves identifying and leveraging these strengths to enhance performance and well-being. **Self-Determination:** According to self-determination theory, people are motivated to grow and change by three innate and universal psychological needs: competence, relatedness, and autonomy. The pursuit of excellence can satisfy these needs, leading to intrinsic motivation and greater well-being. **Goal Setting:** The pursuit of excellence often involves setting and striving towards goals. Positive psychology suggests that setting specific, challenging, and meaningful goals can contribute to a sense of accomplishment and personal growth. **Resilience:** In the pursuit of excellence, individuals are bound to encounter obstacles and failures. Positive psychology teaches that resilience, the ability to bounce back from adversity, is crucial in maintaining the pursuit of excellence. **Mindfulness:** Being fully present and aware can enhance the pursuit of excellence. Mindfulness practices can help individuals focus on the task at hand, be more creative, and make better decisions. **Positive Emotions:** Barbara Fredrickson's broaden-and-build theory suggests that positive emotions can broaden an individual's awareness and build their resources, which can be beneficial in the pursuit of excellence. **Eudaimonia:** This ancient Greek concept refers to the highest human good, often translated as flourishing or living well. The pursuit of excellence is seen as a pathway to eudaimonia, where individuals realize their potential and live in accordance with their values.

From a positive psychology perspective, the pursuit of excellence is not just about achieving high standards or success in a narrow sense. It's about engaging in a process that fosters personal growth, well-being, and a fulfilling life. It's about the journey as much as the destination, and it's about how striving for excellence can lead to a life rich in meaning, relationships, and personal development. Therefore, those who pursue excellence accept the inevitability of failure and view it as an opportunity for growth and feedback. As Edison said in the process of inventing the light bulb, "I have not failed. I have just found thousands of ways that do not work." This mindset enables those who pursue excellence to maintain positive motivation in the face of setbacks and not fall into self-denial. Second, the pursuit

of excellence emphasizes the value of the process rather than a single result orientation. Unlike perfectionists, those who pursue excellence can find meaning and a sense of achievement in every step of their efforts. They view growth as a continuous process rather than a one-time result. This cognitive change enables them to experience higher happiness and satisfaction in the process of pursuing goals. Accepting the inevitability of failure and valuing the effort process are important ways to build lasting happiness.

V. Overcoming Perfectionism: The Transformation from Cognition to Action

Applications of Positive Psychology include Clinical Settings: Positive psychology can complement traditional psychological therapy by incorporating strength-based approaches and promoting well-being, Education: Schools can implement positive psychology practices to enhance students' well-being, resilience, and academic performance, Workplace: Organizations can use positive psychology principles to boost employee engagement, job satisfaction, and overall workplace culture, Community Development: Initiatives aimed at fostering community well-being, such as volunteer programs or community-building activities, Research and Evidence-Based Practices, Positive psychology relies on empirical research to validate its practices and principles. Researchers study the effects of various interventions on well-being, happiness, and life satisfaction, contributing to a growing body of knowledge in the field, Cultivating a Positive Mindset, Resilience Training: Teaching individuals to develop resilience and coping strategies to manage stress and adversity effectively, Positive Self-Talk: Encouraging affirmative and constructive self-dialogue to enhance self-esteem and outlook on life, Lifelong Learning: Promoting a growth mindset that values continuous learning, adaptability, and personal development.

Overcoming perfectionism requires efforts in both cognitive restructuring and behavioral practice. First, individuals need to recognize the limitations of perfectionism, accept their own imperfections, and redefine the meaning of failure. Failure is not a denial of personal value but a necessary path to success and growth. This cognitive change can help individuals break free from the fear of failure and rebuild positive self-perception. For negative feedback, we prevent ourselves from retaliating and deviating from the perfect straight line, which is a way to move towards excellence. Slowly, people will become less defensive. What kind of life do people really want? Second, people should actively accept that everyone has a tendency towards perfectionism, which is normal and okay. Accepting it is the first step to changing it. Sometimes, the goal is not the most important thing. Taking steps towards the goal is the most important.

Second, individuals need to gradually change their behavior patterns in daily life and cultivate a process-oriented way of thinking. Research shows that by rewarding their own efforts and attempts, individuals can gradually break the "result-oriented" mindset and learn to appreciate every detail in the process of pursuing goals. In addition, positive psychology methods such as meditation, regular exercise, and positive interpersonal interactions also help improve individuals' psychological resilience and happiness. For example, exercise for half an hour at least four times a week; meditate for fifteen minutes a day to train the mind; ensure eight hours of sleep every twenty-four hours; and have twelve smiles or hugs every day. Sometimes we do not necessarily have to show behavior externally. People can also simulate in our hearts. His mind cannot distinguish between reality and imagination.

Perfectionists may encounter bottlenecks in their pursuit of excellence, such as excessive self-criticism, fear of failure, and decreased efficiency, all of which can affect their mental health and counseling patterns. The following are some strategies for the course "Adolescent Mental Health and Counseling", aimed at helping perfectionists break through bottlenecks and improve their mental health and counseling effectiveness. Including

Adjust expectations: Set reasonable goals: Ensure that the goals are specific and achievable, and avoid setting overly high or unrealistic expectations. Accept 'good enough': Learn to accept that things don't have to be perfect, they just need to be good enough. Cultivate a growth mindset: Valuing the Process: Shifting Attention from Results to the Process, Enjoying the Process of Learning and Growth. Viewing failure as a learning

opportunity: Understanding that failure is a part of growth, and every failure is an opportunity to gain valuable experience and lessons. Self compassion: Practice self-care: Maintain sympathy and understanding for one's own imperfections and difficult experiences. Avoid self-criticism: Replace self-criticism with positive words and cultivate the habit of self-motivation. Time management and priority setting: Learn to distinguish the urgency and importance of tasks and arrange time reasonably. Avoid procrastination: Upgrade motivation by setting small goals and reward mechanisms. Seeking support: Share feelings with others: Communicate with friends, family, or colleagues to seek their understanding and support. Consider professional counseling: A psychological counselor can help you identify the root causes of perfectionism and provide coping strategies. Mindfulness practice: Practice mindfulness meditation: Through mindfulness practice, increase awareness of current experiences and reduce excessive worry about the future. Enhance the consulting landscape: Diversified perspective: Adopting multiple theories and methods in consulting to understand problems from a more comprehensive perspective. Continuous learning: Continuously updating professional knowledge and skills to adapt to constantly changing environments and needs. Establishing cooperative relationships: Collaborating with other professionals, sharing resources and experiences, and expanding the influence of consulting. Flexible adaptability: Adapt to change: Maintain flexibility and adapt to changes in the environment and conditions while pursuing goals. Learn to let go: Some things may be uncontrollable, learn to let go and reduce unnecessary stress.

Through the above strategies, perfectionists can gradually overcome their own limitations, improve their mental health level, and demonstrate greater scope and effectiveness in counseling work. It is important to recognize that change is a gradual process that requires patience and sustained effort. Therefore, the author can imagine own, fantasize about own, just like a person who pursue excellence. For example, before people go on stage, people might imagine themselves standing on the stage, feeling relaxed, calm, and inclusive.

VI. Conclusion

As can be seen from the above, perfectionism is usually not a specific organization or philosophical system, but a tendency or attitude that emphasizes the pursuit of perfection and flawlessness. As it is not an organized entity, there is no universally recognized "vision" and "mission" statement. However, this study can provide people with a possible description of their vision and mission based on the general concept of perfectionism. Vision: A perfectionist's vision may be to create a defect free world where every effort, product, or service meets the highest standards. This vision emphasizes excellence, precision, and continuous improvement. Mission: Pursuing Excellence: Continuously seeking to improve individual and collective performance to achieve the highest standards. Pay attention to details: Pay attention to details in all efforts to ensure that every small part is precise and error free. Continuous improvement: Always seek ways to improve, even in seemingly perfect situations, never stop exploring better possibilities. Cultivate high standards: Cultivate and maintain a culture of pursuing excellence in individuals and teams.

Perfectionism is a pursuit of perfection in things, while happiness is a subjective satisfaction and pleasure. In the core socialist values, advocating altruism and serving society are not contradictory to the pursuit of personal perfection, but rather complement each other. Altruism, which means selflessly caring for and helping others, is an important cornerstone of social harmony and progress. A perfectionist who can integrate altruism into their code of conduct can not only find ways to realize their self-worth by helping others, but also experience a sense of happiness through dedication. Serving society is the embodiment of individual value in social value. A perfectionist can gain recognition for their abilities and talents by serving society, and positive feedback from society can also enhance personal happiness.

The following is how altruism and serving society promote the happiness of perfectionists: Goal achievement: Perfectionists can gain a sense of achievement and

satisfaction by setting and achieving goals to serve society, which is an important source of happiness. Social identity: Serving others in society often earns social recognition and respect, which is a social "perfect" state for perfectionists. Self-improvement: In the process of serving society, perfectionists can continuously learn and grow, and this process of self-improvement is also a part of happiness. Interpersonal relationships: Altruism can help establish harmonious interpersonal relationships, and good interpersonal communication is an important condition for happiness. Psychological health: Helping others can enhance personal self-efficacy, reduce anxiety and depression, and benefit mental health. Value realization: In the process of serving society, perfectionists are able to put their values into practice, achieving the unity of personal value and social value. Therefore, if perfectionists want to achieve true happiness, they should not only limit themselves to personal achievements and perfection, but also expand their horizons to the general public, promote social harmony and progress through practical actions, which can not only realize personal value, but also achieve happiness at a higher level.

Although perfectionism seemingly drives individuals to pursue excellence, the anxiety and self-denial behind it make it a stumbling block to happiness. The "pursuit of excellence" concept advocated by positive psychology provides us with a healthier and more sustainable growth path. By accepting failure, valuing effort and the process, individuals can experience true happiness and satisfaction in the process of pursuing goals. As Churchill said, "Perfectionism paralyzes, while the pursuit of excellence enables continuous growth."

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