

# WIRED FOR WELL-BEING

BOOK  
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## PUPIL BOOK



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**Name:**

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## SKILL 3 - ACTIVITY 1

### EMBRACE IMPERFECTION



#### KEY MESSAGE

Contemporary society puts young people under **enormous pressure** to look perfect and to be seen to be having an **amazing life**. This is usually driven by marketing companies who **feed on our insecurities** and **try to sell us things to make us look and feel perfect**. Social media feeds into this and we often end up comparing ourselves to very **unrealistic images of perfection**. This can make us feel like there is **no room for imperfection**, or even that **we are the only ones who have imperfect lives**. We can feel that we are **not quite good enough**, or that we don't measure up in some ways. We need to be aware of these pressures and try to protect ourselves from them by reminding ourselves that **nobody is perfect** or has a perfect life. When we **embrace imperfection**, we can release ourselves from this pressure and enjoy the **complex, real and often messy life** that is ours to explore and make the most of.

#### ACTIVITY 1

#### Perfectionism Thinking Traps

Use this checklist to assess how often you experience these common Thinking Traps associated with perfectionism. Reflect on how these thoughts make you feel and how you might counteract them.

PERFECTIONIST THOUGHTS	OFTEN	SOME-TIMES	RARELY/ NEVER
If I look perfect, I will be more popular.			
It's not OK for me to make mistakes or fail.			
If I don't do things perfectly, I feel like a failure.			
I'll only be happy if I look a certain way.			
Others will judge me harshly if I'm not perfect.			
I need my life to be perfect in every way.			
What are other people thinking about me?			

#### Checklist: Reminders for embracing imperfection:

- Give yourself permission to make mistakes
- Release yourself from unrealistic expectations you've set yourself
- Remind yourself that your real friends accept you just as you are
- Aim for progress over perfection
- Use self-compassion to treat yourself kindly
- Find role models who embrace their imperfections
- Remind yourself that you're always good enough, no matter what

## SKILL 3 - ACTIVITY 2

# 3

### PRESSURE TO BE PERFECT

#### ACTIVITY 2

In pairs, read this quote from a teenager about the pressures to be perfect from media and culture.

You might remember reading it in *Wired for Well-Being - Book A*. Do you agree?

In pairs, discuss and write down some ways that we could help ourselves to resist this pressure.

*"I think there's too much pressure put on teenagers these days. Social media has created a false sense of what is right and what is wrong. I feel like teenagers are forced to alter themselves and reach unrealistic expectations because they're only seeing good things someone's posting about their lives on Instagram, when if there was an app to post what's going on in your mind, you'd realise we're all the same, facing the same struggles and battling the same demons every day."*



Don't forget to use **Recognise and Reframe** to deal with any ANTS you may have about trying to be perfect.

# 3

## SKILL 3 - LEARNING OUTCOMES

### LEARNING SELF-ASSESSMENT

Assess how you feel the **Learning Outcomes** of this lesson were achieved.

SKILL 3: LEARNING OUTCOMES – That you will:		WENT WELL	WENT WELL TO SOME EXTENT	DID NOT GO WELL
1	Understand why we need to take the pressure to be perfect off ourselves and embrace the idea of being 'good enough'			
2	Recognise why and how popular culture sends messages to us about the importance of being perfect			
3	Understand the <i>ANTS</i> associated with perfectionism			

To be yourself in a world that is constantly trying to change you is the greatest accomplishment.

- Ralph Waldo Emerson

#### REFLECTION:

How can you apply what you have learned in this lesson to enhance your own well-being?

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#### INDICATORS TARGETED:




# SKILL 3 - HOMEWORK

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## A 'GOOD ENOUGH' ME

### HOMEWORK

Use these self-talk reminders this week to help you resist the pressure to be perfect or whenever you feel that you're not good enough, for whatever reason.

SELF-TALK REMINDERS	TICK IF YOU USED IT 
I'm good enough, even if I fail at something.	
I'm good enough, even if I don't look my best.	
I'm good enough, even if I make mistakes.	
I'm good enough, even if I don't reach my goals.	
I'm good enough, even if others make me feel like I'm not.	
I'm good enough, even if social media makes me feel I'm not.	
I'm good enough, even on my worst day.	
I'm good enough, _____.	
I'm good enough, _____.	
I'm good enough, _____.	

COMMENT BOX for Parent/Guardian/Carer (optional)

