

LEADERSHIP DISEASE CHECKLIST A5. SUPRAPERFEKTUS

IMPACT - Risk Factors, Stages & Outcomes

What has already happened or might occur?

- People make more mistakes thinking you like it when they do so, because it makes you look good.
- When everything is not perfect, people think you have let them down or withheld information.
- You do not admit you are wrong, so you hold on to decisions even when they are not working.
- Your dysfunctional beliefs of being perfect damage your ability to be effective.
- You take risky actions believing failure cannot happen to you.
- You get very upset with yourself when you make a mistake.
- Because you expect yourself to be perfect, you expect the same of everyone else, or they think you do.
- You surround yourself with people who have a higher propensity to not be perfect.
- You put excessive effort into everything, sapping your energy and stamina.
- You burn out trying to maintain your unrealistic standard of perfection.
- You do not take risky action because you fear failure.
- You are so careful to not do something wrong, you limit your actions and risk taking.
- No one helps you because they believe you do not need it, do not expect it, or will not accept it.
- People think your inability to admit mistakes is a character flaw.

SUPRAPERFEKTUS - IMPACT: Total Score: