

Printable Somatic Healing Cards

Perfectionism As A Trauma Response

aka: hello little good girl/boy! Were you good enough today, or did you - God-forbid - make a mistake?

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Do you always track what you are doing, measuring it against an external metric?

For example, do you count your steps when you walk? Or track what you're eating?

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**Do you constantly
seek external validation
that you're doing well
in your work and in
your relationships?**

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**Do you always try to say
the right thing, and feel
absolutely gutted when
you offend someone?**

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Do you freak out if you make a mistake? Your nervous system immediately jolting, going into shut down or overdrive?

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Perfectionism is created in us often by caregivers who are very focused on our achievements, or who don't have the emotional capacity to allow us to be us – messy little children

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If you were expected to be nice, good, to always listen and be perfectly well behaved.

You are likely to develop perfectionistic tendencies.

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This doesn't even have to show up in every area of your life. For example, I don't mind putting out content for all of you that is perfect (I know I make lots of spelling mistakes), but if I say the wrong thing and offend someone, I feel a rush of pain in my body; I've even been feeling this pain on my daily walks, as I always tend to measure my steps to know that I am "just that perfect little girl".

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This is the point:

There's almost an invisible external force always measuring you and your behavior. And if you're not up to par, **your nervous system totally crashes.**

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This is because as a child, you were absolutely dependent on your caregivers' approval, love and support. If they, even for a second, disapproved of you, that would cause a terrible nervous system response (usually intense shock), and this response is still with you – keeping you always in line, always perfect.

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