

# Ego monster - perfectionist

Psychology



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Ego Monster - Perfectionist The process for my ego-monster began with me thinking of a word to describe myself with and what came to mind was; goal-driven, straight to the point, determined, strategic, practical, organised, loving, punctual, independent, positive, energetic, empathetic, caring, creative, hard-working, but above all the word which describe me best, as well as summarises my personality best, is perfectionism. Perfectionism is a personality trait characterised by a person striving for flawlessness and setting excessively high performance standards in everything they do. This, accompanied by over critical self-evaluations and concerns regarding others' evaluations. And although perfectionism has negative connotation attached to it, perfectionism is an attribute I have and which I find has being a positive one in my life. As I know I am not perfect, I try and strive towards being 'perfect' and the best person I can be, allowing and understanding for failure. Being a perfectionist, keeps me focused in all aspects of my life and this is the reason I have come to this stage in my life. In terms of being successful and independent, in what I have achieved, and what I am busy achieving, it is the reason why I always complete everything I start, in an organized manner, and ready to tackle whatever comes my way, whether it's positive or negative. I've decided to represent myself in a form of a dart, why? Because just like a dart, that is always aimed to hit the 'perfect' position whether it be bulls-eye; triple 20 etc. And although it is always the throwers goal, the dart does not always hit the spot it's expected to hit. The dart resembling my personality, driven in life striving towards reaching the 'perfect' goals I set myself; focused and determined; trail after trail; never giving up and learning from all my failing attempts, but always aiming for that goal I have in mind, to eventually succeed. The dart is 1, 62m long,

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which is my current height and is painted in gold, silver and bronze which colours associated with performance and achievement.